

THE 9TH CONFERENCE OF THE
INTERNATIONAL SOCIETY FOR THE SOCIAL SCIENCES OF SPORT

BOOK OF ABSTRACTS

13-15 OCTOBER 2017

CORUM - TURKEY

Hitit University
Faculty of Sport Sciences

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SUBTOPICS

- Sport in changing social and cultural context
- Sport in changing economic and political context
- Olympic movement in changing economic, political and cultural contexts
- Historical issues in the social sciences of sport
- Ethical and deontological issues in the social sciences of sport
- Psychological issues in the social sciences of sport
- Pedagogical issues in sport and physical education
- Issues of sport management in social sciences
- Issues of physical culture in social sciences
- Issues of sport tourism, recreation, and sport for all in social sciences
- Issues of coaching sports and training athletes
- Leisure management within its social contexts
- What can social sciences do for sport?
- Sport participation and athletic performance issues
- Sport Antropology
- Open papers

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English

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SCIENTIFIC AWARDS**PSYCHO-SOCIAL ASPECTS OF SPORTS, PHYSIOLOGY AND TRAINING
THEORY****1- Best Oral Presentation Award**

The Name of Article: **SPORT AND PHYSICAL ACTIVITY IN THE CONSTITUTION**

Authors Names: Osman İMAMOĞLU, M. Yalçın TAŞMEKTEPLİGİL, Nihan YÜCEL

We would like to kindly inform you that your article with the subject of “Sport and Physical Activity in the Constitution” was awarded by the committee as “**Best Oral Presentation Award**” during international conference took place in Corum, Turkey dated 13-15 October 2017.

2- The Second Oral Presentation

The Name of Article: INVESTIGATION OF PHYSICAL AND PHYSIOLOGICAL CHARACTERISTICS OF CHILDREN IN SWIMMING

Authors Names: Güner ÇİÇEK, Abdullah GULLU, Esin GULLU

We would like to kindly inform you that your article with the subject of “Investigation of Physical and Physiological Characteristics of Children in Swimming” was awarded by the committee as “**The Second Oral Presentation**” during international conference took place in Corum, Turkey dated 13-15 October 2017.

3- The Third Oral Presentation

The Name of Article: EFFECTS OF ATTENDING OUTDOOR SPORTS COURSE ON THE PERCEIVED SELF-CONFIDENCE LEVELS OF UNIVERSITY STUDENTS

Author Name: Zafer DOĞRU, Yetkin Utku KAMUK

We would like to kindly inform you that your article with the subject of “Effects of Attending Outdoor Sports Course on the Perceived Self-Confidence Levels of University Students” was awarded by the committee as “**The Third Oral Presentation**” during international conference took place in Corum, Turkey dated 13-15 October 2017.

RECREATION-TOURISM, SPORT MANAGEMENT AND COACHING

1- Best Oral Presentation Award

The Name of Article: ANALYSIS OF THE OPTIMAL OLYMPIC PLACE CHOICE IN TURKEY BY MULTI CRITERIA DECISION MAKING METHODS

Authors Names: Coşkun KARACA, Alptekin ULUTAŞ, Gül YAMANER

We would like to kindly inform you that your article with the subject of “Analysis of the Optimal Olympic Place Choice in Turkey by Multi Criteria Decision Making Methods” was awarded by the committee as “**Best Oral Presentation Award**” during international conference took place in Corum, Turkey dated 13-15 October 2017.

2- The Second Oral Presentation

The Name of Article: EVALUATION OF SOME DEMOGRAPHIC VARIABLES WITH LEARNED RESOURCEFULNESS LEVELS OF READING STUDENTS IN SPORT MANAGEMENT DEPARTMENT

Authors Names: Elif Aybike ÜNLÜ, İlhan TOKSÖZ, Çisem DEMİRDÖKEN

We would like to kindly inform you that your article with the subject of “Evaluation of Some Demographic Variables with Learned Resourcefulness Levels of Reading Students in Sport Management Department” was awarded by the committee as “**The Second Oral Presentation**” during international conference took place in Corum, Turkey dated 13-15 October 2017.

3- The Third Oral Presentation

The Name of Article: REPRESENTATION OF FEMALE ATHLETES IN SPORTS NEWSPAPERS. A CASE-STUDY IN PORTUGUESE PRESS.

Author Name: Noemi Bueno, Salomé Marivoet, Fernando Borges

We would like to kindly inform you that your article with the subject of “Representation of female athletes in sports newspapers. A case-study in Portuguese press.” was awarded by the committee as “**The Third Oral Presentation**” during international conference took place in Corum, Turkey dated 13-15 October 2017.

KEYNOTE ABSTRACTS

Türkiye’de Rekreasyona Bakış Açısı, Gelişimi, Sorunları ve Çözüm Yolları

Prof. Dr. Erdal ZORBA

Gazi Üniversitesi Spor Bilimleri Fakültesi, Balkan ve Herkes İçin Spor Federasyonu Başkanı, TAFISA Yönetim Kurulu Üyesi.

Ülkelerin özellikle sosyal hayatlarında, gelişmişlik derecelerine paralel olarak gittikçe önemi artan rekreasyon, çeşitli ülkelerde ya aynı isim altında ya da eğlence sanat, kültürel faaliyetler ile birlikte beden eğitimi sporda, dans, avcılık, balık tutma vs. Gibi serbest zamanların bileşenleri ile ifade edilmektedir.

Serbest zamanın üç önemli fonksiyonu vardır; dinlenme veya kendini bırakma, eğlenme, kendini geliştirme. Serbest zamanları değerlendirme diye adlandırılan bu önemli fonksiyon nasıl gerçekleştirilir ve nedir? Serbest zaman sırasında geliştirilen zihniyet ve yetenekler sadece birey için değerli olmayıp aynı zamanda bireyin bir parçası olduğu toplum içinde çok önemlidir. Bu nedenle toplumlar serbest zamanlarda yapılan “rekreasyon etkinlikleri” ile yakından ilgilidir. (bucher ve ark. ;1974;nowe, c2;1983)

Ülkemizde ki Rekreasyon kavramının gelişmesi ve Rekreasyon açısından gelişmiş ülkelere yetişebilmesi için öncelikle bu kavramın, tüm halk kitleleri tarafından anlaşılması bilimsel olarak ilkelerinin ve yapılış şekillerinin öğretilmesi, çeşitlerinin sınıflandırılması gerekmektedir. Ülkemizde Rekreasyon sektörü ile ilgili alanlarda bu iş için bilimsel ortamlarda yetiştirilmiş, teknolojik gelişmelere ayak uydurabilecek, akademik yeterliliğe sahip Rekreasyon uzmanı ihtiyacı görülmektedir.(Zorba ???)

Globalleşen ve farklı alternatifler arayan dünyamız; turizm sektöründe de ilimleriyle arayışlar içindedir. Çünkü turist rekreasyon kavramının bilinci içerisinde hoşça vakit geçirecek aktif dinlenme alternatiflerini değerlendirmek meylindedir. Van Doorn (1982) geleceğin turizmde rekreasyon aktivitelerinin turistlerin konaklama tesislerinde kalma sürelerini uzatmada en önemli faktörlerden biri olduğunu belirtmiştir.

Bu sebeple; Rekreatif amaçlı spor turizminin Türkiye’deki ilimleriyle turizmin gelişmesine katkılarının araştırılması, turizm sezonunun uzatılması açısından önemli olacağı kanaatindeyim.

Üniversitelerde Rekreasyonun Bölümlerinin kurulması için, 23 Mayıs 1997 tarihinde Prof.Dr.Erdal ZORBA’nın Muğla Üniversitesi Beden Eğitimi ve Spor Yüksekokulu Müdürlüğü sırasında girişimler başlatıldı ve bu konuda Muğla Üniversitesi, G.S.G.M. , Turizm Bakanlığı işbirliği ile panel düzenlendi.

İkinci olarak 18-19 Aralık 1998 tarihlerde Marmaris’te; Muğla Üniversitesi BESYO, G.S.G.M, Turizm Bakanlığı, Üniversite Temsilcileri, Sektör Temsilcileri, TÜRSAB, Milli Olimpiyat Komitesi Temsilcilerinin katıldığı çalışma grubu ile Rekreasyon Bölümü müfredat programları, ders içerikleri ve mezunlarının istihdamı konularında planlamalar yapıldı Üniversitelerarası Kurulun 3 Temmuz 1998 tarih ve 96 Sayılı toplantısında 20 Nolu kararla Muğla Üniversitesi Beden Eğitimi ve Spor Yüksekokulu

bünyesinde Rekreasyon Bölümü açılması yönünde Yüksek Eğitim Kurulu Başkanlığına görüş bildirilmesine karar verildi. Yükseköğretim Kurumunun 12.04.2000 tarihli toplantısında alınan kararla 2547 Sayılı Kanununun 2880 Sayılı kanunla değişik 7/d-2, 7/4 Maddeleri uyarınca Rekreasyon Bölümünün açılmasına karar verildi. 2000-2001 Eğitim-öğretim yılında da 30 öğrenci ile eğitim öğretime başlandı. Ayrıca Ülkemizde bir ilk olarak 2004-2005 Eğitim-öğretim yılında Muğla Üniversitesi Sosyal Bilimler Bünyesinde Beden Eğitimi ve Spor Anabilim dalında Rekreasyon Yüksek Lisans Programı açıldı ve Lisans Üstü eğitim verilmeye başlanmıştır Kurulmasının üzerinden yaklaşık 12 yıl geçmesine 12 iliml istenilen büyüme hamlesi gerçekleşemediği kanaatindeyim.

Ülkemizde günün şartları içerisinde Rekreatif etkinlikler, Gençlik Spor Genel Müdürlükleri, Gençlik kampları, Gönüllü kuruluşlar, genellikle büyük şehirlerde açılan gym center, fitness center, oyun kulüpleri ve bazı kuruluşların bireysel çabaları v.b. ve en önemlisi de Üniversitelerin Spor Bilimleri Fakülteleri ve Turizm Fakülteleri bünyesinde kurulan Rekreasyon bölümleri tarafından sınırlı şartlarda yürütülmektedir. Rekreasyon multidisiplin bir alan olmasına 12 iliml açılan rekreasyon bölümlerinin müfredatları değişkenlik göstermektedir. Bu değişkenlikler bölgesel ihtiyaçlar açısından ele alınmadığı için mezunların alanda iş bulmaları zorlaşmaktadır. Halbuki istihdam edilmesi gereken kurumların ihtiyaçları tespit edilmesi mezunların iş bulma sıkıntısını azaltacağı kanaatindeyim. Tabi ki devletin üst kademelerinde önemi anlatılması ve bu hususta kanun ve yaptırımlar konulması önem arz etmektedir.

Sonuç olarak Rekreasyon Biliminin toplumsal yapıya yönelik yansımaları için yasal zemininin oluşturulması gerekmektedir. Buna göre;

- Yerel yönetimler bünyesinde Rekreasyon mezunu istihdam edilmeli,
- Milli Eğitim Bakanlığınca Rekreasyon ders olarak konulmalı,
- TV 12 ilim yayınlarında rekreasyon faaliyetlerine yönelik programlar yapılmalı,
- Turizm Bakanlığı Rekreatif etkinlikler için çeşitlilik sağlamalı,
- Üniversitelerde hafta sonu etkinlikleri, Bahar Şenlikleri Rekreasyon Bölümü bölümleri aktif olarak etkinliklerde yer almalı,
- Yaşlılar evi, huzurevi, Çocuk Esirgeme Kurumu ve bazı sağlık kuruluşlarında mutlaka Rekreasyon Bölümü mezunları istihdam edilmelidir.

Doping in Sport – Legal and Ethical Context

Jerzy Kosiewicz

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The reflections presented in the paper are not normative (in general, it can be said, that they do not create moral values and demands). The presented reflections particularly stress the sense, essence, meaning, and identity of sport in the context of moral demands. A disquisition pointing out that sports and sport-related doping can be situated beyond the moral good and evil must be considered precisely as metaethical, and leads in a consciously controversial way to fully defining the identity of sport in general, as well as the identity of particular sports disciplines. These reflections also refer to the issue concerning the identity of sports philosophy, i.e. general deliberations and specific issues concerning, for example, the factual and cognitive status of normative ethics in sport. It is impossible to overestimate the role and meaning of metaethical reflection in the context of substantiating moral demands in sports as well as in the context of practical results of expectations. This metaethical reflection not only extends self-knowledge, but also contributes to the metaphilosophy of sports. The degree of the development of self-knowledge – both the metaethics of sports and the metaphilosophy of sports – is also a very important declaration, and a sign of general maturity of the philosophy of sports (Kosiewicz 2008/2009, pp. 5-38).

Keywords: Ethics, Morality, Doping, Anti-doping, Fair Play

Childhood Obesity

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Obesity is emphasized by the World Health Organization (WHO) as a common and important public health problem. Especially in childhood, it is stated that reached to risk level. The aim of the study is to prevent obesity and control obesity is a problem that starts from childhood and adolescence period and continues its existence at an older age. This research has the characteristic of being the study which reaches the largest sample size in our country with the age group targeted and the number of participants reached. The frequency and causes of weakness, stunting, obesity, etc. seen in children in our study were examined. The study was a cross-sectional study conducted on 16880 children aged 9-14 years who continued their education in 5th, 6th and 7th grades in 123 secondary schools in Zonguldak Province in May-2017 to determine the obesity frequency. Reference values determined for children 5-19 years of age by the World Health Organization were used to assess obesity in children participating in the study. While 46% of the participants were normal in terms of BMI according to Z score, 22.8% were risky overweight, 15.1% were overweight, 2.3% were obese, 10.8% were risky thinness, 2.5% thinness, 0.4% were severe thinness. In this context, 54% of the children participating in the research need regular monitoring in terms of body weight. The results of the research will lead to a number of studies and to make this work a national action plan and to monitor growth in school children, development of growth reference values, and so on. It will also form the basis for achieving our long-term goals. The results of the research will guide many studies and become a national task, and will focus on growth in school children, development of growth reference values, and so on. It will also form the basis for achieving our long-term goals.

Keywords: Childhood obesity, obesity, exercise

PANEL ABSTRACTS

Spor Bilimlerinde Mevcut Programların Değerlendirilmesi

Prof. Dr. Kemal TAMER

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Türkiye’de 183 Yükseköğretim kurumunun (113 devlet, 70vakıf) 74’ünde Spor Bilimleri ile ilgili Fakülte,Yüksekokul ya da bölümler bulunmaktadır.Bu değerlendirme için akademik gelişimini tamamladığı düşünülen 10 üniversitenin spor bilimleri programı incelenmiştir.

Spor Bilimlerinde mevcut programların değerlendirilmesinde her bölüm ayrı ayrı ele alınmıştır. Ancak, bölüm programları arasındaki büyük benzerlikler ve Beden Eğitimi ve Spor Öğretmenliği programı dışında kalan Antrenörlük Eğitimi, Spor Yöneticiliği ve Rekreasyon bölümü programlarının kurumlarda oldukça farklılık göstermesi nedeniyle bu programlar birlikte değerlendirilmeye çalışılmıştır.

Üniversitelerin web sayfalarında yer alan Spor Bilimleri bölüm programları incelendiğinde genelde amaçların ortak olduğu fakat farklı şekillerde ifade edildiği, bazı üniversitelerin web sayfalarında ise konuyla ilgili herhangi bir ifadenin yer almadığı görülmüştür. Üniversite ayırımı yapmaksızın bu amaçları kısaca aşağıdaki şekilde belirtmek mümkündür.

Beden eğitimi ve spor öğretmenliği bölümünün amacı, ortaokul ve liselere nitelikli beden eğitimi ve spor öğretmeni yetiştirmektir.

Antrenörlük eğitimi bölümünün amacı, Spor Genel Müdürlüğü, spor kulüpleri, çeşitli kurum ve kuruluşlara farklı yaş gruplarında çalışabilecek donanımlı spor bilimci, antrenör, kondisyoner, mentör, masör ve sporda performans analisti yetiştirmektir.

Spor yöneticiliği bölümünün amacı, kamu ve özel sektörlerde çalışacak yüksek kalitede yöneticilik özelliklerine sahip spor yöneticileri yetiştirmektir.

Rekreasyon bölümünün amacı ise, spor endüstrisi, rekreasyon ve boş zamanların değerlendirilmesine yönelik hizmetler sunan organizasyonlarla birlikte kamu ve özel sektördeki sporla ilgili kurumlara, okullara ve üniversitelere hizmet verebilecek kalitede uzmanlar ve rekreasyon liderleri yetiştirmektir.

Spor bilimlerindeki bölüm programlarının amaçlarını genel olarak belirttikten sonra 15-16 Haziran 2017 tarihlerinde Hacettepe Üniversitesinde yapılan Beden Eğitimi ve Spor Öğretmenliği çalıştayında YÖK tarafından üniversitelere önerilen mevcut beden eğitimi ve spor öğretmenliği bölüm programı görüşülerek bir takım değişiklik önerileri tartışılmıştır. Bu toplantıda, programda bulunan bazı derslerin ders saati ve kredilerinde değişiklik yapılması, bazı derslerin birleştirilmesi ile ihtiyaç duyulan “Raket Sporları”, “Beden Eğitimi ve Sporda Etik”, “Sağlıklı Yaşam İçin Egzersiz Programlama” derslerinin eklenmesi önerilmiştir.

Mevcut Beden Eğitimi ve Spor Öğretmenliği programı, çalıştayda önerilen program ve örnek olması bakımından da Gazi Üniversitesi Spor Bilimleri Fakültesi Beden Eğitimi ve Spor Öğretmenliği programı aşağıda sunulmuştur.

	Mevcut Program		Önerilen Program		Gazi Üniversitesi	
	Kredi*	%	Kredi*	%	Kredi*	%
Alan Bilgisi Dersleri	77	49	79	49	91	55
Teorik	(29)	(19)	(32)	(20)	(43)	(26)
Uygulama	(48)	(30)	(47)	(29)	(48)	(29)
Öğretmenlik Meslek Bilgisi Dersleri	43	27	43	27	43	26
Genel Kültür Dersleri	38	24	38	24	31	19
Toplam	158	100	160	100	165	100

*1 Kredi=1 saat teorik ders ya da 2 saat uygulamalı ders.

Tabloda genel olarak değerlendirilen ders programları ile diğer üniversitelerin Beden Eğitimi ve Spor Öğretmenliği ders programları arasında büyük ölçüde benzerlik gözlemlenmiştir. Bunun nedeni ise yıllar önce YÖK tarafından Beden Eğitimi ve Spor Öğretmenliği bölümü program çalışması yapılarak minimum standartların belirlenmiş olmasıdır.

Diğer bölümlerde (Antrenörlük Eğitimi, Spor Yöneticiliği ve Rekreasyon) benzer program çalışmalarının yapılmamış olması nedeniyle kurumlar arasında minimum standartlar konusunda birliktelik sağlanamadığı gözlemlenmiştir.. Alanla ilgili hiçbir konu dışarıda kalmaması düşüncesiyle her şeyin programa alındığı düşünülmektedir.

Spor bilimlerinde yer alan bölümlerin programlarındaki derslerin kredilendirilmesinde kurumlararası farklılıklar görülürken, aynı içerikli derslerin farklı isimlerle verildiği ve bazı ders isimlerinin ise anlaşılır olmadığı görülmektedir

Kâğıt üzerinde hazırlanmış iyi bir program başarı için gereklidir, ancak başarıya ulaşmanın garantisi değildir. Eğitimin amacına ulaşabilmesi için bilimsel, çağdaş, gelişime ve yeniliklere açık ders programlarının hazırlanmasına ve uygulanmasına ihtiyaç vardır.

Programın uygulanmasında etkili olan unsurlar aşağıdaki şekilde özetlenebilir.

1. Öğrenci kalitesi.
2. İnsan kaynakları kalitesi (akademik, idari ve destek personel).

3. Yeterli sayıda ve kalitede fiziki şartlar (tesisler, araç-gereçler, laboratuvar ve kütüphane).

4. Gelişen ve değişen şartlara uyum sağlayabilme.

Mevcut spor bilimleri programlarının incelenmesi sonucunda şu iki konuda öneride bulunulması uygun görülmüştür:

1. Özellikle Antrenörlük Eğitimi, Spor Yöneticiliği ve Rekreasyon bölümü programları için uzmanlar tarafından program geliştirme çalışmalarının bir an önce yapılarak minimum standartların belirlenmesi.

2. Kurumların akredite edilmesi amacıyla kriterlerin belirlenerek mevcut kurumların değerlendirilmesi.

Dünyada Spor Bilimleri Eğitimindeki Gelişmeler

Prof. Dr. Mitat KOZ

Ankara Üniversitesi, Spor Bilimleri Fakültesi, Ankara.

Günümüzde “Spor Bilimleri” olarak tanımladığımız alan ile ilgili eğitim Türkiye’de “Beden Eğitimi ve Spor Öğretmenliği” olarak kurumsallaşmış ve yaygınlaşmıştır. Bu da beraberinde konunun Türk Yükseköğretim Sistemi yapılanmasında bilim alanı olarak “sosyal bilimler” çatısı altına dahil edilmesine yol açmıştır. Bunun etkilerini eğitim kurumlarının yapılandırılmasında, programların hazırlanmasında ve mezunların istihdam beklentilerinde de görmek mümkündür. Halihazırda çoğu program adının “Beden Eğitimi ve Spor Öğretmenliği Bölümü”, “Antrenörlük Eğitimi Bölümü” olması bu görüşü destekleyen örneklerdir. Oysa dünyadaki özellikle de gelişmiş batı toplumlarındaki yapılanmaya baktığımızda durumun böyle olmadığı görülmektedir, çünkü spor bilimleri alanı multidisipliner bir alandır ve eğitim ya da beden eğitimi bu alandaki konulardan sadece birisidir ve doğa bilimleri ile çok yakın işbirliği içerisinde. Bu çalışmada bu alanda dünyadaki yapılanma aktarılmaya çalışılmıştır.

Çalışmada, üniversite derecelendirme kuruluşları tarafından yapılan sınıflamaya göre spor bilimleri alanında dünyadaki ilk on üniversitenin programları lisans ve lisansüstü düzeyde incelenmiştir. Çalışma QS’in konularına göre dünya üniversite sıralaması esas alınarak yapılmıştır(1). Buna göre sınıflama şu şekildedir: 1-Loughborough Üniversitesi(İngiltere), 2-Sidney Üniversitesi(Avustralya), 3-Queensland Üniversitesi(Avustralya), 4-British Columbia Üniversitesi(Kanada), 5-Birmingham Üniversitesi (İngiltere), 6-Toronto Üniversitesi(Kanada), 7-Otago Üniveristesi(Yeni Zellanda), 8-Pensilvanya Devlet Üniversitesi (ABD), 9-Florida Üniversitesi (ABD), 10-Alberta Üniversitesi (Kanada). Diğer taraftan sporda başarının göstergesi olarak Rio 2016 Olimpiyatlarında alınan madalya sayısına göre yapılan sıralamaya bakıldığında, olimpiyat sıralamasındaki ilk 10 ülkenin içerisinde ABD, İngiltere ve Avustralya’nın toplam 6 üniversitesinin en iyi ilk 10 üniversite içerisinde yer aldığı görülmektedir(2).

Yapılan incelemede multidisipliner bir alan olan spor bilimleri eğitiminin, dünyanın gelişmiş ileri ülkelerinde bu anlayış ile verildiği; doğal ve sosyal bilimler yoluyla spor, egzersiz ve sağlığın incelenmesi ve geliştirilmesi için sağlık, fen ve mühendislik gibi doğa bilim alanlarının ve alan uzmanlarının sosyal bilimler alanı ile birlikte spor bilimleri eğitimi içerisine entegre edildiği görülmüştür. Eğitim alanları ve mesleki uygulamaların Türkiye’de olduğu gibi kesin sınırlar ile ayrılmadığı, olaya interdisipliner bir bakış açısı ile yaklaşıldığı, spor bilimlerinin kendisine en yakın olduğu sağlık bilimleri alanı ile iç içe geçmiş olduğu, hatta pek çok ülkede spor bilimleri alanında eğitim veren kurumların adında “sağlık” ibaresinin yer aldığı görülmektedir: Loughborough Üniversitesi(İngiltere)-Spor Egzersiz ve Sağlık Bilimleri Okulu, Sidney Üniversitesi(Avustralya)-Sağlık Bilimleri Fakültesi Egzersiz ve Spor Bilimi Bölümü, Queensland Üniversitesi(Avustralya)-İnsan Hareketi ve Beslenme Bilimi Okulu, British Columbia Üniversitesi(Kanada)-Sağlık ve Sosyal Gelişim Fakültesi Sağlık ve Egzersiz Bilimleri Okulu, Birmingham Üniversitesi (İngiltere)-Spor Egzersiz ve Rehabilitasyon Bilimleri okulu, Pensilvanya Devlet Üniversitesi (ABD)-Sağlık ve İnsan Gelişim Okulu, Florida Üniversitesi (ABD)-Sağlık ve İnsan Performansı Okulu.

Sonuç olarak;

THE 9TH CONFERENCE OF THE INTERNATIONAL SOCIETY FOR THE SOCIAL SCIENCES OF SPORT

- Gelişmiş dünyada spor bilimlerinde alanında verilen eğitim ile bireylere şu bilgi ve becerilerin kazandırılması hedeflenmektedir:
- İnsan vücudunun çalışması hakkında bilgi
- Bilgiyi bilimsel olarak ölçme ve analiz edebilme
- Genel laboratuvar becerileri
- Performansta zihnin rolünü bilme
- Takım çalışması becerileri
- Genel araştırma becerileri
- Motivasyonel beceriler
- Yönetim stratejilerinin anlaşılması
- İletişim becerileri
- Zaman yönetimi becerisi
- Araştırma analiz sonuçlarını net bir şekilde sunabilme
- İleri bilgi teknolojilerini kullanma deneyimi
- Temel işletme yönetimi konularını kavrayabilme
- Modern dünyada sporun ve fiziksel uygunluğun oynadığı geniş rolü bilme.

Türkiye’de de ilişkili olanlar ile daha yakın işbirliği sağlanmalı, bölüm isimleri ve programlar dünyadaki gelişmelere uygun ve günümüz toplumundaki ihtiyaçları karşılayacak şekilde interdisipliner bir yaklaşım ile güncellenmelidir.

Kaynakça:

- 3- <https://www.topuniversities.com/university-rankings-articles/university-subject-rankings/top-universities-sports-related-subjects-2017>. Erişim Tarihi:6/10/2017.
- 2- <http://tr.eurosport.com/olimpiyat-oyunlari/rio/2016/medal-table-rio-2016.shtml>. Erişim Tarihi:6/10/2017.
- 3- <http://www.lboro.ac.uk/departments/ssehs/>.Erişim Tarihi:6/10/2017.

Avrupa Birliği Kriterleri Çerçevesinde Spor Bilimlerinin Yapılanma Modeli

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Düzenli fiziksel aktiviteye katılımında % 20'lik oran ile Avrupa'nın en hareketsiz ülkesi Türkiye, %3.65'lik sportif etkinliklere katılım oranı ile Olimpiyat Oyunlarında madalya sıralamasında 41'inci sırada yer alırken Milli Eğitim Bakanlığı okullarında yaklaşık 18 milyon öğrenci ve 62 milyon yetişkin sağlık ve fiziksel uygunluklarını geliştirmek ve yetenekleri doğrultusunda spora yönlendirilmek için spor alanında nitelikli hizmete ihtiyaç duymaktadır. Spor kulüplerinden Spor Genel Müdürlüğüne, belediyelerden fitness salonlarına ve sağlık merkezlerine kadar birçok alanda spor yöneticiliği eğitimi almış idareciler kurumları yönetmemektedir. Günümüzde spor bilimleri alanında 100'ün üzerinde fakülte ve yüksekokul açılmıştır. Bu birimler, Türkiye'nin Olimpiyat oyunlarındaki başarısını artıracak, toplumun sağlık ve fiziksel uygunluğunu geliştirecek yeterliliklere sahip elemanları yetiştirememektedir.

Sağlık, fiziksel uygunluk ve sportif performansın geliştirilmesine yönelik değişimin veya yeniden yapılanmanın en uygun başlangıç noktasının antrenörleri, beden eğitimi öğretmenlerini, serbest zaman eğitmenlerini ve spor yöneticilerini yetiştiren beden eğitimi ve spor öğretmenliği, antrenörlük eğitimi, rekreasyon ve spor yöneticiliği bölümlerinin yeniden Avrupa ve dünya standartları dikkate alınarak yapılanması en uygun başlangıç noktası olacaktır.

Yükseköğretim Kurulunun 2016-2020 stratejik planında, Türkiye'nin yükseköğretimde Avrupa'nın en yüksek öğrenci sayısına sahip olduğu, son 10 yılda yatay büyümenin gerçekleştiği, büyüme sürecinin bundan sonraki aşamasının, nitelik ve kalite bakımından da büyüme olduğu vurgulanmış ve bu kalite odaklı büyümeye yönelik yükseköğretim kurumlarının misyonlarını tekrar gözden geçirmeleri istenmiştir (www.yok.gov.tr/03.07.2017).

Spor Bilimleri Fakülteleri ile Beden Eğitimi ve Spor Yüksekokulları bünyesinde yer alan bölümlerin eğitiminin içeriği ve niteliği, **Bologna Süreci ile Mesleki Eğitiminde Avrupa Yeterlilikler Çerçevesi** (European Qualification Framework, EQF) ve **Öğretim için Avrupa Kredi Transfer Sistemini çalışmaları** (a European Credit System for Vocational Education and Training, ECVET) kapsamında ortak program ile uyumlu hale getirilmelidir. Türkiye'deki beden eğitimi ve spor öğretmenliği, antrenörlük eğitimi, spor yöneticiliği ve rekreasyon bölümlerinin Bologna süreci ve nitelikler çerçevesi ile Uluslararası Eğitimin Standart Sınıflaması ve Türk Yükseköğretimi Yeterlilikler Çerçevesinde yeniden yapılanmasının gerekliliği açıktır.

Mevcut beden eğitimi ve spor öğretmenleri için öğretmen yeterlilikleri; (1) öğretim sürecini planlama ve düzenleme, (2) fiziksel performans ve sağlığı geliştirme ve koruma, (3) ulusal bayramlarda ve özel günlerde sportif etkinlikler düzenleme, (4) gelişimi izleme ve değerlendirme, (5) okul, aile ve toplumla işbirliği yapma ve (6) mesleki gelişimi sağlama şeklinde belirlenmiştir. Bu yeterliliklerin içerisinde belirgin şekilde eksik gözüken öğretmenlerin kendini yansıtması ile okulöncesi, ilkökul, ortaokul, lise seviyesine uzmanlaşmamasıdır. Beden eğitimi öğretmeni yaptıkları uygulamaları, çevresine ve paydaşları ile

paylaşarak alacağı dönütler ile neyi doğru neyi yanlış yaptığı konusunda fikir sahibi olacaktır. Hareket Eğitimi ve algısal motor gelişim açısından en önemli dönem olan okul öncesinde eğitim verecek olan uzman beden eğitimi öğretmenine ihtiyaç vardır. Yine ilkokul beden eğitimi öğretmenlerinin yetiştirilmesi bir gerekliliktir. Çocukların yaşam boyu fiziksel ve sportif aktivitelere katılıma yönelik kalıcı davranışları büyük oranda okul öncesi ve ilkokulda aldığı temel hareket eğitimine bağlıdır. Ortaokul ve lise düzeyinde beden eğitimi derslerinin nitelikli olması ve öğrencilerin fiziksel okuryazarlığının artması okulöncesi ve ilkokulda alınan temel hareket, motor ve spor becerileri özelliklerinin geliştirilmesine bağlıdır.

Avrupa Birliği projesine göre antrenörlük bölümü, rekreasyonel ve performans sporlarının antrenörlüğü şeklinde ikiye ayrılmıştır. Birincisinde, sağlık ve fiziksel uygunluğun geliştirilmesi için katılıma yönelik spor branşı antrenörlüğü önerilmektedir. İkincisinde ise, Olimpiyat Oyunlarında ve diğer uluslar arası büyük organizasyonlarda yarışacak sporcuların geliştirilmesine yönelik performans antrenörlüğü önerilmektedir.

Temel hareket eğitimi ve temel motor becerilerin geliştirilmesi ile temel spor becerilerinin ergenlik öncesi dönemde öğretilmesine yönelik **“yeni başlayanların antrenörlüğü”** hem katılıma hem de performansa yönelik zorunlu bir eğitimidir. Bu aşamadan sonra katılım ve performans antrenörlüğünün yolları ayrılmaktadır. Olimpiyat ve uluslararası büyük yarışmalar için gelişim dönemlerinin, yüksek performans ve kondisyonerlik antrenörlük bölümünün uzmanlık dalları olmalıdır. Antrenörlük rollerinin ve yetkilerinin sınıflandırılmasında Avrupa Birliğinin dört kademeli sisteminin kullanılması doğru olacaktır. Birinci kademedeki görev yapan stajyer antrenör, denetlenen bir antrenmanda bir veya daha çok performans ve katılıma yönelik sporcuya yardımcı olmak için temel antrenörlük yeterliliğini uygulamakla sorumludur. İkinci kademedeki görev yapan antrenör, bir antrenmanın hazırlanması, yaptırılması ve denetlenmesi ile ilgili temel antrenörlük yeterliliğini sergilemektedir. Üçüncü kademedeki görev yapan kıdemli antrenör, yıllık planlarda antrenmanları planlama, uygulama ve denetleme gibi gelişmiş antrenörlük yeterliliğini sergileme yetkisine sahiptir. Dördüncü kademedeki usta antrenör ise, uzun vadeli planlarda antrenman programlarının planlanması, uygulanması, analiz edilmesi ve yeniden düzenlenmesi gibi gelişmiş antrenör yeterliliği, yenilikçiliği, liderliği ve stratejik planlamayı kapsamaktadır (Petry ve Froberg, 2006; Ziyagil ve Sevimli, 2013; Ziyagil, 2014).

Günümüzde rekreasyon adı ile spor bilimleri çatısı altında yer alan bölüm Avrupa Birliğinde **“Sağlık ve Fiziksel Uygunluk”** Bölümü olarak oluşturulmuştur. Bu bölüme, **“Sağlık ve fiziksel uygunluk için serbest zaman eğitmenliği ve rekreasyon liderliği”** gibi isimlerde verilebilir. Bu bölüm “sağlıkla ilgili egzersiz alanı” ve kişisel veya grup antrenmanı için “fiziksel uygunluk alanı” olarak ikiye ayrılmaktadır. Birincisinde sağlıkla ilgili egzersiz alanında, tıbbi kontrol altında bir hastalığın önlenmesi, tedavisi veya sağlığın kalitesini yükseltmenin bir aracı olarak egzersizin tanıtımı, düzenlenmesi ve uygulanması ile değişik sağlık koşulları ve yaşlarda engellilerin yetersizliklerini iyileştirme veya onlarla başa çıkmalarıyla ilgilidir. İkincisinde fiziksel uygunluk alanı, sağlıklı yetişken nüfusta bireysel fiziksel uygunluk seviyesini geliştirmek ve sağlık kalitesini artırmak için egzersizin tanıtımı, yaygınlaştırılması, düzenlenmesi ve uygulanması ve hastalıklardan korunma ile ilgilidir. Fiziksel uygunluk aracılığı ile sağlık, zindelik ve esenliğin (wellness) tüm boyutlarını geliştirecek uzman kişilerin yetiştirilmesi hedeflenmektedir. Avrupa Birliğinin önerdiği mesleki yeterlilikleri tanımlanmış dört meslek grubu vardır. Birincisi **“usta spor salonu çalıştırıcısı ve özel antrenör”**, değişik egzersiz ortamlarında bireylere ve gruplara planlama, öğretim ve

özel aktivite yaptırma; özel veya kişisel antrenman servislerini planlama ve kullanma; beslenme ilkeleri ve vücut ağırlığı yönetimi ilkelerini gittikçe artan dozda fiziksel aktivite programlarını uygulama gibi yeterlilikleri kapsamaktadır. İkinci **“Sağlıkla İlgili Egzersiz Uzmanı”**, egzersizin hazırlanması ve egzersiz testlerinin değerlendirilmesinden önce katılımcıların içinde buldukları seviyedeki riski belirleme; major risk faktörleri ile obezite, diyabet ve tansiyon gibi kronik sorunlardan korunma amacıyla fiziksel aktivite halk sağlığı eğitimi programları düzenleme ve başlatma; tıbbi gözetim altında yaralanma sonrasında kardiyak ve pulmoner hastalarda, diğer kronik rahatsızlıklar veya engellilerde özel grup ve koşullarda çalışma programı hazırlama, yönetme ve denetleme gibi yeterliliklere sahip olmalıdır. Üçüncüsü **“halk sağlığı geliştirme uzmanı”**, yerel, bölgesel, ulusal ve uluslararası seviyede tanımlanan politikalar çerçevesinde egzersiz programları ve fiziksel aktivite tanıtımı gibi halk sağlığının tüm yönlerini geliştiren, yöneten teşvik eden ve tanıtılabilir lisans düzeyinde eğitim almış bir kimsedir. Temel görevleri arasında; bilimsel yaygınlık verilerini araştırma ve kullanma ile halk sağlık taramalarına katılma; halk sağlığı, fiziksel aktivite ve egzersiz programlarını planlama, geliştirme, tanıtım, yönetme ve değerlendirme sayılabilir. Dördüncüsü **“sağlık ve fiziksel uygunluk yöneticisi”**, sağlık ve fiziksel uygunluk yöneticisi, sağlık ve fiziksel uygunluk alanının tüm imkanlarını yönetebilen bu alanda lisans düzeyinde eğitim almış bir kimsedir. Temel görevleri arasında; sağlık ve hizmet birimlerinin finansal, insan kaynakları ile iletişim fonksiyonları yönetme; sağlık ve fitness tesisleri kapsamında satış ve servis hizmetleri yönetme yer almaktadır (Petry ve Froberg, 2006; Ziyagil ve Sevimli, 2013; Ziyagil, 2014).

Spor yöneticisi, genelde spor hizmetlerinin etkin bir şekilde yapılmasında sınırlı insan ve malzeme kaynaklarını, ilgili teknolojileri ve beklenmeyen sorunların çözümünü koordine eden kişi olarak tanımlanmaktadır (Chelladurai, 1994). Uluslararası sportif organizasyonlarda Türkiye'nin yüksek başarısına rağmen fiziksel ve sportif aktivitelere katılım ve yüksek performans sporcularının yetiştirilmesine yönelik etkili spor yönetimi becerileri sergileyen yöneticilere büyük oranda ihtiyaç duyulmaktadır. Spor yöneticiliği bölümünde, dört yıllık eğitimin son iki yılında uzmanlık eğitimi verilmelidir. Dört uzmanlık alanı vardır. İlki, bir ilçenin, şehrin veya belediyenin fiziksel aktivite ve spor işlerinin yürüten **“yerel spor yöneticisi”** dir. İkincisi, spor kulüplerinin yöneticisidir. Üçüncüsü, ulusal spor federasyonlarının yöneticisidir. Dördüncüsü ise, kondisyon (fitness) salonlarının ve merkezlerinin yöneticisidir (European Commission, 2006). Bir şehirdeki yerel spor yöneticisi; toplum spor tesislerinin kullanımını planlamak ve onların bakımlarını ve güvenliğini sağlamak, yerel spor kulüplerinin ihtiyaçlarını dikkate almak, yerel spor birimi personelini yönetmek ve yerel spor etkinliklerini organize etmek gibi temel görevleri yapmaktadır. Spor kulübü yöneticisi ise; kulübü işletmek, teknik (antrenörler) ve yönetim personelini idare etmek, kulüp üyelerini karşılamak ve bilgi vermek, mevcut spor etkinliklerini organize ve denetlemek gibi temel yeterlilikleri sergilemektedir. Ulusal spor federasyonu yöneticisi; ulusal spor etkinliklerinin iyi organize edilip edilmediğini kontrol etmek, antrenörler ve hakemler için eğitim kurs ve seminerleri düzenlemek, yetkili kurulların toplantılarını organize etmek (genel kurul, yönetim kurulu ve diğer kurullar) ve federasyon işlerini yürütmek ve daimi personeli yönetmek gibi yeterlilikleri sergilemelidir. Son olarak **“fitness kulübü yöneticisi”**; kulübü yönetmek, antrenörler ve diğer çalışanlar için eğitim, kurs ve seminerleri düzenlemek, müşterileri karşılamak ve bilgilendirmek, mevcut fiziksel ve sportif etkinlikleri organize etmek ve denetlemek gibi görevleri yapmaktadır (Petry ve Froberg, 2006; Ziyagil ve Sevimli, 2013; Ziyagil, 2014).

Spor bilimleri alanının beden eğitimi ve spor öğretmenliği, antrenörlük eğitimi, sağlık ve fiziksel uygunluk ile spor yöneticiliği bölümü mezunlarının mezuniyet sonrası yeterlilik sınavları KPSS sınavı ile değil spor bilimleri alan sınavı yapılmalıdır. Böylece, fakülte beden eğitimi ve spor yüksekokullarının eğitim-öğretimlerinin etkinliği ile öğrencilerin alandaki yeterlilikleri ölçülmüş olacaktır.

Günümüzde spor sektörünün talep etmediği sadece unvanı olan insanları yetiştirmek yerine spor alanının beklentilerini hem ulusal hem de uluslar arası düzeyde karşılayacak yüksek nitelikte öğretmen, eğitmen, antrenör ve yöneticilerin yetiştirilmesine yönelik fakülte ve yüksekokullarının yeniden yapılanması için ortak aklın süzgecinden geçen Avrupa ve dünya standartlarını yükseköğretim yapımıza uyumlu hale getirmeliyiz.

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Mesleki Yeterlilikler Çerçevesinde Doçentlik Kriterlerinin Belirlenmesi

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Avrupa'nın en hareketsiz ülkesi olarak Türkiye'de nüfusun % 20'si düzenli fiziksel aktiviteye katılmaktadır. Çeşitli spor dallarında düzenli antrenman yapanların oranı da %3.65'tir. Rio Olimpiyat Oyunlarında madalya sıralamasında Türkiye 41'inci sırada yer almaktadır. Sağlık ve performans alanında nitelikli hizmet verecek eğitmen ve yöneticilere ihtiyaç vardır. Günümüzde spor bilimleri alanında 100'ün üzerinde fakülte ve yüksekokul açılmıştır. Bu birimler, Türkiye'nin Olimpiyat oyunlarındaki başarısını artıracak, toplumun sağlık ve fiziksel uygunluğunu geliştirecek yeterliliklere sahip elemanları yetiştirememektedir. Bu olumsuz tablonun değiştirilmesine yönelik en uygun başlangıç noktasının antrenörleri, beden eğitimi öğretmenlerini, serbest zaman eğitmenlerini ve spor yöneticilerini yetiştiren öğretim üyelerinin niteliklerinin Avrupa ve dünya standartları dikkate alınarak yeniden belirlenmesine ihtiyaç vardır. Yükseköğretim Kurulunun 2016-2020 stratejik planında, Türkiye'nin yükseköğretimde Avrupa'nın en yüksek öğrenci sayısına sahip olduğu, son 10 yılda yatay büyümenin gerçekleştiği, büyüme sürecinin bundan sonraki aşamasının, nitelik veya kalite bakımından da büyüme olduğu vurgulanmış ve bu kalite odaklı büyümeye yönelik yükseköğretim kurumlarının misyonlarını tekrar gözden geçirmeleri istenmiştir (www.yok.gov.tr/03.07.2017). Yükseköğretim Kurulunun stratejisine uygun olarak spor bilimleri alanı ortak aklı kullanarak belirleyeceği standart ve yeterlilikleri Üniversitelerarası Kurula spor bilimleri alanı önerisi olarak sunulmalıdır.

Öğrenme ve yaratıcılığının artırılmasında verdiği dersleri kolaylaştıran öğrencileri ile meslektaşlarını sürekli motive eden, aynı zamanda onların bilgi, beceri ve tutumlarını geliştirme çabası içerisinde olan rol model olması gereken akademisyenler; fiziksel aktivite, egzersiz ve spor alanında ulusal ve uluslararası düzeyde tartışılan konuları irdeleyerek ve gerekli sorumlulukları üstlenerek teoriden pratiğe köprü kuran etik ve yasal davranışları sergileyen diğer meslektaşlarına örnek olan kimsedir.

Eğitim, araştırma, yönetim ve topluma hizmet konularında yüksek yeterlilik sergileyen öğretim elemanları; zorluk ve komplekslik derecesi dünya standartlarında belirlenmiş bir programda, öğrencilerin sınavlarının ve derslerinin ciddi şekilde yapıldığı, mesleki beklentilerin en yüksek derecede karşılandığı, kurumsal özerklik ile birlikte sürekli gelişimin sağlanması gibi birçok faktörün oluşturduğu okullarda (Van Damme, 2004) görev yaptığında mezunlar spor sektörünün beklentilerini karşılayabilecektir.

Öğretim üyelerinin yetiştirildiği yüksek lisans ve doktora eğitimi, Avrupa ve dünya ile uyumlu hale getirilerek tüm eğitim ve öğretim süreçleri ile gelişmiş sabit ve mobil laboratuvar imkanlarından spor federasyonları ile yürütülen ortak projelere kadar yeni uygulamaların yapıldığı bir yer olmalıdır. YOK'te 1994 yılında kabul edilen ve halen geçerli olan 1) beden eğitimi ve spor öğretimi, 2) hareket ve antrenman bilimleri, 3) spor sağlık bilimleri, 4) sporda psikososyal alanlar (spor psikoloji, spor sosyoloji, spor felsefesi, spor tarih ve olimpizm gibi) ve 5) spor yönetim bilimleri anabilim dalları mevcuttur. Mevcut anabilim dallarının sayısı ve adları tartışmaya açıktır. Spor bilimleri alanında birçok üniversitede yüksek lisans ve doktora eğitiminin verilmesi öğretim üyesi yetiştirme kalitesini olumsuz etkileyen başlıca sebeptir.

Sadece merkezi bir şehirde Şap Enstitüsü örneğinde olduğu gibi kanunla kurulacak özerk **“beden eğitimi ve spor bilimleri enstitüsünün”** çatısı altında yukarıda ifade edilen anabilim dallarında yüksek standartlara sahip öğrencilerin mesleki etkinliğini artırmaya yönelik yeterliliklerin kazandırılması mümkün olacaktır. Bu enstitünün görevi lisansüstü eğitim vermek ve Türkiye’yi uluslararası alan temsil edecek milli takımlara eğitim, kamp ve laboratuvar desteği vermek olacaktır. Türkiye’deki çalışmaları ile belirli standartları sağlamış doçent ve profesörler bu enstitünün doğal öğretim üyeleri olmalıdır. Yüksek standartlardan taviz verilmeyecek kurumların başında beden eğitimi ve spor bilimleri enstitüleri gelmelidir. Öğretim üyesinin kalitesindeki düşüşler zincirleme olarak lisans eğitiminde beden eğitimi öğretmenliği, antrenörlük eğitimi, rekreasyon ve spor yöneticiliği bölümlerinin mezunlarının da niteliğinin azalmasına yol açacaktır. Sonuçta, 18 milyon genç nüfusuna karşın uluslararası alanda başarılı olacak sporcu yetiştiremediğimiz gibi nüfusumuz büyük çoğunluğunun da hareketsiz yaşam tarzını benimseyen hastalıkları eğilimli insanlar olmasının yolunu açabiliriz.

Öğretim üyeliğinin 4 temel etkinlikte yeterliliklerinin geliştirilmesi ve bu kapsamda doçentlik kriterlerinin belirlenmesi gerekmektedir. Bu temel etkinlikleri eğitim, araştırma, yönetim ve topluma hizmet olarak sayabiliriz. Eğitim etkinliği kapsamında, lisans, yüksek lisans, doktora, seminer, konferans ve kurs gibi etkinliklerde kendi alanında diğer insanlara seviyelerine göre bilgi aktarmak, beceri kazandırmak ve kalıcı davranışlar kazandırmak çabalarının tümünü kapsamaktadır. Öğrencilerin hazırbulunuşluk düzeylerine göre hazırlanan eğitim programları uygun ortamlarda verilmesi gibi görevlerin yapılması öngörülmektedir. Araştırma etkinliği kapsamında, beden eğitimi ve spor bilimleri alanına giren veya ilişkili her türlü konu, laboratuvar ve alan araştırmaları yapılması öğretim üyelerinden beklenmektedir. Yönetim etkinliği kapsamında, öğrenciler, öğretim elemanları, yöneticilere ve diğer paydaşların araştırma, eğitim ve topluma hizmet etkinliklerine katılımını sağlanması, yönetilmesi ve değerlendirilmesi gibi görevlerin yapılması öngörülmektedir. Topluma Hizmet kapsamında, üniversite dışı ortamlarda uzmanlık alanı ile ilgili insanların bilgilendirilmesi, eğitilmesi veya onlara danışmanlık yapılması ile ilgilidir. Spor Federasyonları, kulüpler, okullar, ulusal ve uluslararası mesleki topluluklar ve dernekler işbirliği yapılan paydaşlardır.

Bu dört temel görevde öğretim üyesinin performansını yansıtan maddeler doçentlik kriterlerinde yer alsada, genellikle araştırma görevi kapsamındaki faaliyetler doçentlik sınavında daha çok dikkate alınmaktadır. Örneğin; ulusal ve uluslararası makale, bildiri ve kitaplar. Doçent adayları mevcut kriterlere göre lisansüstü tezlerden yayın üretme koşulunu, uluslararası yayın yerine çok az sayıda basılan ve eğitime katkısı yetkili bir komisyon tarafından onaylanmamış kitap hazırlayarak yerine getirmektedir. Eğitim görevi ile ilgili sadece önlisans, lisans ve lisansüstü eğitimde ders vermek dikkate alınmıştır. Dünya’da ilk 500’e giren üniversitelerindeki öğretim üyeleri 14 hafta süre ile verdiği derslerin **“power point”** sunularını hazırlamakta, her hafta anlatacağı konuların video çekimlerini internet sitesinde yayınlamaktadır. Buna benzer uygulamalar, önemli eğitim faaliyetleri olarak kabul edilmeli ve doçentlik kriterleri kapsamında değerlendirmeye alınmalıdır. Topluma hizmet kapsamında Spor Federasyonları, kulüpler, okullar, ulusal ve uluslararası mesleki topluluklar ve dernekler ile işbirliği içerisinde yapılan faaliyetlerde doçentlik kriterleri kapsmalıdır. Bu konuda hazırlanacak rapor, görüntü ve diğer belgeler değerlendirmede dikkate alınabilir.

Üniversitelerarası Kurulun belirlediği doçentlik kriterlerinden en önemlisi, **“bilime katkı sağlayan”** çalışmaların dikkate alınmasıdır. Her ne kadar bu madde doçentlik kriterleri içerisinde yer alsada, doçent

adaylarının gerçekten bilime katkı sağlayan somut yönler veya özellikler açıkça belirtilmemiştir. Bilime katkı sağlama kriterinin adı vardır. Fakat özellikleri belirtilmemiştir. Doçentlik koşullarının sonunda **“tanımlar”** bölümünde **“Alanında bilime katkı sağlamış olmak şartıyla özgün kağıt veya elektronik ortamda yayımlanmış veya yayımlanmak üzere DOI numarası almış makale”** olarak tanımlanan **“yayımlanmış makale”** nin bilime hangi açılardan katkı sağladığı açıkça ifade edilmemiştir. Dolayısıyla bir çalışmanın özgünlüğünün değerlendirilme kriterleri somut şekilde ortaya konulmamıştır. Tüm dünyada orijinalite bakımından ortak bir yaklaşımın olması gerektiğini kabul edilmektedir (Sterling, 2003). Bilime katkı çalışmanın özgünlüğü (orijinalitesi) ile ilgilidir. Araştırma başlıklarının alanında özgün olması ve alana katkı sağlaması çok önemlidir. Bilime katkı verme koşulu nitelikli öğretim üyesinin vazgeçilmez özelliğidir. Özgünlükte, yaratıcılık, eleştirel bakmak, yeni önermeler vardır. Daha önce aralarında ilişki kurulmamış nesnelere ya da düşünceler arasında ilişkileri araştıran; alışılmışın ve bilinenin dışında, farklı, yeni bir bakış açısında problemi gören, farklı çözüm yollarından giderek yeni sonuçlar çıkaran; sıradan bir şeyin sıradan olmayan bir biçimde farkına varan; sonuçları, yöntemi, denekleri, katılımcıları veya bir yönü ile diğer çalışmalardan benzersiz olan; yeni ve güncel bir problemin tanımlayan, aydınlatan ve çözen bağımsız, yenilikçi, yaratıcı düşünceleri yansıtan araştırma, özgün (orijinal) çalışmadır (Armour & Macdonald, 2012). Daha önceden açıkça bilinen sorun özelliği taşımayan ve ilgi çekmeyen tekrarlanan araştırmalar orijinal değildir. Nitelikli ve sıradan bir çalışmayı büyük oranda biri birinden ayıran **“bilime katkı sağlama”** koşulunun olduğu bilinmelidir.

Tek başına yüksek standartlarda belirlenen doçentlik kriterlerinin öğretim üyelerinin niteliğini artırması beklenmemelidir. En az bilime katkı sağlama kriteri kadar sahte veya niteliği çok düşük dergiler ile mücadele edilmesi de önemli görülmektedir. Sahte dergiler, kaliteli öğretim üyesi yetiştirmenin önündeki en önemli engeldir. Ulusal ve uluslararası boyutta akademisyenlerin sahte dergilerde hızlı bir şekilde yayımlanan çalışmaları ile öğretim üyelerinin yeterli emek sarf etmeden ve etik dışı kadro ve pozisyon elde etmeleri yeni yetişen akademisyenlere kötü örnek oluşturmakta ve yükseköğretim sisteminin altını oymaktadır (Öztürk, 2012; Demirel, 2013).

Thomson Reuters firmasının veri tabanı **“Web of Knowledge or Science”** da bile yer alan birçok derginin düşük bilimsel niteliği görmezden gelinmektedir. Belki de ticari kaygılarla veya kasıtlı şekilde gelişmekte olan ülkelerde bilimsel gelişmenin önünün kesilmesi için niteliksiz dergiler **“Web of Science”** kapsamında da tutulmaktadır. Doçentlik alt komisyonu veya özel kurulacak **“dergi kalite kontrol komisyonu”** ile sahte dergilerin isimlerinin periyodik olarak yayınlanacağı **“kara listeler”** hazırlanmalıdır. Bu listeler UAK resmi sitesinden ilan edilmelidir. Bu komisyonlar ilgili alanın kaliteli dergilerinde makaleleri ve diğer çalışmaları olan ve aynı zamanda etik değerlere bağlı profesörlerden oluşturulmalıdır.

Doçentliğe atanmada temel koşul olan SSCI, SCI, SCI-Expanded veya AHCI kapsamında taranan bir dergide zorunlu yayın yapma koşulu 2017 yılı doçentlik kriterlerinde diğer uluslararası indekslerde yayımlanan çalışmaların alternatifi olarak seçmeli hale dönüştürülmüştür. Kısmen de olsa **“web of Science”** koleksiyonundaki dergilerde yayın hazırlama koşulunun zorunlu olmaktan çıkarılması spor bilimleri temel alanında kaliteden taviz olarak değerlendirilebilir.

Öğretim üyesinin niteliğinin artırılmasında zorunlu çalışma olarak TUBİTAK bünyesinde hazırlanan Türkçe ve İngilizce yayımlanan dergilerde makale hazırlamak **“web of Science”** koleksiyonundaki

dergilerdeki çalışmalara alternatif olabilir. Bu tip dergilerin editörlüğünü alanın önde gelen profesörleri yapmalı ve diğer doçent ve profesörler derginin yayın kurulunda yer almalıdır. Bilim dili olarak Türkçe'nin zorunlu hale getirilmesi, öğretim üyelerinin eğitim görevleri sırasında etkinliğinin artmasını sağlayacaktır.

Özetle, doçentlik atama sürecinde öğretim üyesinin kendi alanındaki dört temel görevindeki etkinliği dikkate alınarak mesleki kalitesinin ve performansının değerlendirilmesi gerekmektedir. Lisansüstü eğitimin merkezileştirilmesi ve ulusal boyutta ortak akıl ile alınan kararlar ile yürütülmesi zorunludur. Sahte dergiler ile mücadele edilirken bilime katkı sağlama kriterinden asla taviz verilmemelidir.

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Gelişmiş Ülkelerde Akademik Kriyer ve Doçentlik Kriterleri

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GİRİŞ

Ülkemizde Akademik atama ve yükselmelerde ölçülebilir ve standart hale getirilme kullanılması Resmi Gazetede 1 Eylül 2000 tarihinde yayınlanarak yürürlüğe giren “Doçentlik Sınav Yönetmeliği” ile uygulamaya geçirilmiştir. Bu yönetmelik doçentlik temel alanlarını 12 alanda değerlendirmeye almış ve oluşturulan “Temel Alan Danışma Kurulları”nın çalışmaları ile alanların başvuru kriterleri belirlenmiş ve uygulanmaya başlanmıştır. Bu yönetmelik uygulaması sonucunda birçok üniversite, akademik kariyer basamaklarındaki tüm öğretim elemanlarına (Arş. Görv, Yrd. Doçent, Profesör) atanma kriterleri getirerek uygulanmaya başlamıştır.



Ülkemizde akademik unvanlar 2547 sayılı Yükseköğretim Kanununca belirlenmiştir. Akademik kariyer sürecindeki unvanların yetki ve tanımları da ayrıca bu yasa da açıklanmıştır. Yükseköğretim Kurulu (YÖK) ve Üniversitelerce getirilen akademik kariyer kriterlerinin amacı;

1. Akademik kariyer basamaklarında kalite standardının geliştirilmesi ve korunması,
2. Öğretim elemanlarının evrensel bilime katkısını ve akademik performanslarının yükseltmek,



Ülkemiz ve gelişmiş ülke üniversitelerinin bilimsel performansları arasındaki uçurum hiç kuşkusuz ülkemiz için olumsuz bir durumdur. Uluslararası yayınlara yapılan atıf indekslerinde 2000’li yıllarda uygulamaya giren “Doçentlik Sınav Yönetmeliği”nin olumlu etkilediği söylenebilir. ISI veri tabanında, 1996-1999 yılları arasındaki 4 yıllık dönemde Türkiye adresli yayımların sayısında % 26 oranında bir artış görülürken, 2002-2005 yılları arasındaki 4 yılda bu artış oranı yaklaşık % 46 olmuştur (1).

Akademik kariyer süreci, Üniversite öğretim üyeliği sürecini de içine alan lisans düzeyinden başlayarak akademik gelişim basamaklarını oluşturur. Akademik kariyer süreci ülkelere göre farklılıklar göstermektedir. Bu çalışma ile gelişmiş ülkelerde akademik kariyer ve doçentlik standartları incelenmiş ve bu alanda ülkemizdeki yaşanan sorunlar dile getirilmiştir.

Akademik Kariyerde: Liyakat

Her ülke bilimsel alanlarda gelişmek, kendi kendine yeten bir güce sahip olabilmek için bilim insanlarına ihtiyaç duyar. Bu nedenle Dünya’da tüm ülkeler kendi ihtiyaçlarına uygun planlama yapmak ve standartları yüksek bilim insanlarını yetiştirmek zorundadır. Bu amaçla akademik kariyer süreçlerine bir standart getirmek ve kural koymak geçmişten günümüze uygulanmış gelenektir.



Akademik derecelerin kullanılmasının tarihsel boyutu; 8. Ve 13. Yüzyıl arasında altın çağını yaşayan **İslam Kültürü ve Medeniyetlerinde** benzer uygulamalar görülmektedir. Örneğin **Öğretmenlik, Tıp gibi mesleklerde** öğretim kademeleri ve akademik unvanlar derecelendirilmiştir. Daha sonra 13.yüzyıldan sonra Avrupa’da bilimin gelişmesi, akademik kariyer ve mesleki kademelerin adları şekillendirmeye başlamıştır. “Profesör” terimi ilk kez **14. Yüzyılın** sonlarında “*bir bilgi dalı öğretene*” anlamında kullanılmaya başlamıştır (2).



Kariyer eğitiminin ilk kademesinden itibaren önemini koruyan bir konudur. Öyle ki ana sınıfından başlayarak eğitimin her kademesinde kariyer günleri yapılarak, çeşitli etkinlik ve paneller ile gündemdeki yerini her zaman korumaktadır. Akademik kariyer gelişiminde başarıya giden yol bir dizi kişisel özellik bir arada bulundurmaya gerektirir. Bunlar;

- İletişim
- Ortaklık,
- Sorumluluk
- Yenilik,
- Geliştirme
- Ekip Çalışması,
- Strateji,
- Kalite,
- Saygınlık
- İnsan Yetiştirmek



Dünya’da Farklı Ülkelerde Akademik Dereceler

Türkiye

Akademik Dereceler

- *Profesör* (Tam profesör, Fahri Profesör)
- *Doçent* ,
- *Yardımcı Doçent*
- *Öğretim Görevlisi* ,
- *Okutman*,
- *Uzman*
- *Araştırma Görevlisi* , (asistan)



BELÇİKA

- *Gewoon hoogleraar* (**Full Professor**) (professor ordinarius)
- *Deeltijds gewoon hoogleraar* (**Part-Time Full Professor**) (previously: professor extraordinarius)
- *Hoogleraar* (**Professor**)
- *Hoofddocent* (**Associate Professor**)-Doçent
- *Docent* (**Assistant Professor**)-Yrd.Doçent
- *Doctor-assistent* (postdoc research Assistant)
- *Assistent* (research assistant)



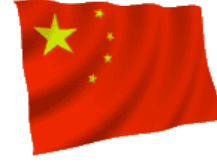
DANİMARKA

- *Full Profesör*
- *Forsknings professor* (**Araştırma Profesörü**)
- *Profesör MSO* (**Özel sorumluluk sahibi Profesör; geçici rütbe**)
- *Forsknings profesörü MSO* (**Araştırma Profesörü; geçici rütbe**)
- *Lektor* (**Doçent**),
- *Seniorforsker* (**Kıdemli Araştırmacı-Doçent**)
- *Uydervisnesonsistent* (**Yardımcı Doçent**)
- *Forskningsassistent* (**Araştırma Görevlisi**)



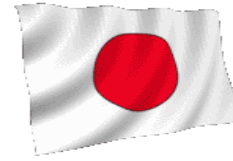
ÇİN

- Tam professor (正 教授)
- Onursal/Fahri Professor
- Doçent (副 教授)
- Öğretim Görevlisi (讲师)
- Yardımcı Doçent / Yardımcı Öğretim Görevlisi (助教)
- Doktora sonrası Araştırma görevlisi (博士后 研究员)
- Araştırma görevlisi (öğretim asistanı) (教学 助理 / 助教)



JAPONYA

- Öğretim Üyeleri Kadrolu veya Kadrosuz olarak görev yapar.
- Profesör Onursal, *Meiyo Kyōju* (名誉 教授)
- Profesör Araştırmacı, *Kyōju* (教授)
- Doçent, *Junkyōju* (准 教授)
- Yardımcı profesör / Araştırma Görevlisi, *Jokyō* (助教)
- Öğretim Görevlisi / *Kōshi* (講師)



KANADA

- Profesör Onursal/Fahri
- Profesör Full
- Araştırma profesörü, uygulama profesörü, misafir profesör)
- Doçent (Araştırma doçenti)
- Kıdemli Öğretim Görevlisi (Öğretim Profesörü)
- Yardımcı Profesör (yardımcı doçent,)
- Öğretim Görevlisi



ABD’de Akademik Kariyer Süreci

Dünyada yeni bulunan ilaçların % 80’ni ABD’de keşfediliyor. ABD tıp alanında ve tıp eğitiminde dünyada lider konumda ve Science Citation Index (SCI)’te olan A grubu dergilerin çoğunluğu ABD kaynaklıdır. Yine Medline sistemini kuran, işleten ve ücretsiz olarak dünyadaki tüm hekimlere sunan ABD’dir.



ABD’de öğretim üyelerinin sözleşmeleri performanslarına göre 2 yılda bir yenileniyor. Sözleşmesi yenilenmeyen profesör, görevine doçent olarak devam edebiliyor (3).

ABD’de akademik Dereceler:

- Assistant professor (**Yrd.Doçent**),
- Associate professor (**Doçent**)
- Full professor (**Profesör**) aşamalarından geçer

Türkiye’de kullanılan akademik dereceler YÖK’ün kuruluşu ile birlikte ABD örneğinden alınarak kullanılmaya başlamıştır. Fakat akademik kariyer yönetim ve standartları Türkiye’den çok farklı olarak uygulanmaktadır. ABD ile Türkiye arasındaki en önemli fark, akademik unvanın sadece üniversite içinde kullanılmasıdır. Yani hiç bir doçent veya profesör, üniversiteden ayrıldıktan sonra çalıştığı özel muayenehanesinde veya özel hastanede akademik unvanını kullanmaz. ABD’de bunu durumu yasaklayan hiçbir yasa olmamasına rağmen bu bir gelenek olarak uygulanmaya gelmiştir.

ABD’de akademik unvanlar **Kadrolu** (tenure) ve **Kadrosuz** (non-tenure) olarak her üniversite kendisi vermektedir. Akademik unvan **kişiyeye ait değil, sadece üniversite içinde kullanılmaktadır**. ABD’de kadrolu veya kadrolu olmanıza göre de yükselme kriterleri farklıdır Kadrolu olarak işe başlayanlar başarılı olması halinde, profesörlüğe dek yükselebilir (3).

ABD’de daimi (kadrolu) statüde olabilmek için ülke çapında tanınmış **6 referansı** olması gerekiyor. Sonra bu referanslar aranıp onlardan da **6 referans** kişi ismi alınıyor ve onların da görüşüne başvuruluyor. Bunlara ek olarak, üniversiteye ve topluma hizmet, toplumda tanınmışlık, yayınlar, kullandığı araştırma fonları gibi pek çok kriter kullanılıyor (3).

Atanmalar: Bölüm başkanının dekana önerisi sonrası, dekanın, üniversitenin akademik yükselme komitesine önermesi ve onların kabulü ile gerçekleşiyor.

Kadrosuz Atanmalarda; sadece 3 referans ve bunların da lokal olması yeterli görülmektedir. Profesör atamalarında uluslararası alanda tanınmış olanlara öncelik verilmekte, aynı zamanda üniversitede 5 yıl çalışma süresini doldurmaları gereklidir. Bazı hallerde 3 yıl da kabul edilebiliyor, bu durum önemli bir bilimsel performans göstermiş olmak gerekiyor (yeni bir bilgi, patent, ilaç vb. Gibi bilimsel etkisi yüksek olan çalışmalar yürütmek).

Sonuçta ABD’de akademik unvan, sadece akademik ortamda yani üniversitede aktif görevde iken kullanılır ve unvan üniversiteye aittir. Bu durumun dışında akademik unvanlar kullanılmaz.

Almanya’da Akademik Kariyer Süreci

Almanya’da Akademik Kariyer Aşamaları:

- Doktora
- Doçentlik (Habilitation)
- Profesör



Yrd. Doçentlik unvanı Almanya’da bulunmuyor. Almanya’da DOKTORA düzeyi en yüksek akademik derece olarak değerlendirilir ve daha çok öneme sahiptir.

DOÇENTLİK (Habilitation) için, doktora olduğu gibi tez yazmak gerekiyor. Tez uzmanlık alanınız ile ilgili olmak zorundadır (4). Tezden başarılı olmanız durumunda doçent adayının üniversitede verdiği dersler ilgili alandan seçilen jüri tarafından belirli bir süre izlenir yeterli görülür ise “Doçent” unvanı verilir.

Habilitasyon (Habilitation) , kendi kendine yeten bir üniversite eğitimi yapma yeterliliğini tanımlar ve özellikle Almanya, Avusturya ve İsviçre üniversitelerinde ve birçok Avrupa ülkesinde profesörlüğe erişmenin anahtarıdır (4).

Almanya’da üniversitelerin haricinde başka bir kurumun “Profesör” unvanı verme yetkisi yoktur. Ayrıca doçentlik unvanı (Habilitation) sonrasında bekleme süresi yoktur, üniversite isterse Prof. Unvanını hemen verebilir. Profesörlüğe atanmada yine bilimsel yeterliliğin yanında verilen dersler ve topluma hizmet için yapılan etkinliklere de dikkat edilmektedir.

Almanya’da Profesörlük akademik bir derece olarak değil akademik unvan olarak değerlendirilir. Profesör unvanı için doktora yapma şartı yoktur, herhangi bir üniversite istemesi durumunda, herhangi bir kişiye Profesör unvanını verebilir ve geri alabilir. Ancak yasalar buna müsaade etse bile doktora yapmadan Profesör unvanı almak için bir dizi prosedür vardır.

Prof. Dr. Unvanı sadece Profesör unvanından daha yüksek bir akademik kariyer olarak kabul edilir. Doçentlik sonrası üniversitenin Profesör unvanı vermemesi durumunda, akademik kariyerine üniversitelerde Privat Doçent unvanı ile özel ya da dışarıdan derslere girilebilmektedir. Almanya’da yaklaşık 1200 dokorasız Profesör unvanlı öğretim üyeleri görev yapmaktadır.

Sonuçta Almanya’da akademik kariyer sürecinde Doçent ve Profesör unvanları akademik bir unvan olarak kabul edilmekte ve Doktora derecesi ise akademik bir derece olarak daha önemli bir kariyer kademesidir.

Türkiye’de Doçentlik Kriterleri ve Atanmadaki Liyakat Sorunları

Ülkemizde yükseköğretime çağdaş ve bilimsel verimlilik getirmek amacıyla, yükseköğretimde reform niteliği taşıyan bazı düzenlemeler yapma ihtiyacı ile “Doçentlik Sınav Yönetmeliği” gibi kararlar alınmıştır. 1933, 1944, 1970 ve 1980’li yıllarda bu anlamda bir dizi çalışma gerçekleştirilmiştir. Bu çalışmaların en sonuncusu 4 Kasım 1981 (R.G.:6.11.1981) tarihli Yükseköğretime yeni düzenlemeler getiren 2547 sayılı Yükseköğretim Kanunuyla yapılmıştır (5).

Türkiye’de akademik atanmalardaki bu kriterler her 3-4 yılda bir değişmekte, değişim kriterleri, bilimsel yayın sayılarında sayısal artışlar meydana getirdiği fakat akademik kalite ve liyakatı artırmadığı gözlenmektedir.

- Mevcut akademik değerlendirme sistemimiz ile ulusal ve uluslararası akademik çevreden izole olmuş, kaliteli yayın standardından yoksun yayın istatistiğini yükseltmeye çalışan bir öğretim üyesi topluluğu yaratmış olduğumuzu söyleyebiliriz.

Türkiye’de doçentlik sonunda ortalama bir akademisyenin yaklaşık 100-150 adet, emekliliği gelen bir profesörün yaklaşık 300-500 adet yayını olduğu gözlenmektedir. Örneğin ABD’de alanında en iyi profesörler, akademik kariyerleri boyunca ancak 100-120 adet yayın yapmaktadırlar.

- ABD’de öğretim elemanlarının senede iki veya üç yayın yapmaları, bunları da alanlarının en prestijli dergilerinde yayınlamaları beklenmektedir.
- Türkiye’de yayın sayısı önemli olduğu için bir akademisyen tek bir konuya odaklanamıyor. Kendi branşında üç dört farklı alanda yayın yapmaya çalışarak yayın istatistiğini artırmaya çalışmaktadır. Böyle olunca da bilgi birikimi, yeni kazanılan bilgilerin yeni araştırmalara aktarılması her zaman mümkün olmuyor.

Bilimsel liyakat ta bilimsel yayınların ulusal ve uluslararası yaygın etkisi, güncelliği, etik hususlar, ülke ve topluma hizmet vb. Gibi boyutları öne çıkarılacak kriterler değerlendirmeye alınmalıdır.

Sonuç ve Öneriler

Mevcut sistemi ile YÖK mevzuatı akademik unvanları içerisinde doçentlik aşaması en ulaşılmaz ve elde edilmesi zor olan bir aşama olduğu görülmekte, yrd. Doçent ve profesör atanma şartları gereği unvanları daha kolay alabilmektedir. Bu durum, bilimsel liyakat ta unvan sıralamasına aykırı bir durum yaratmaktadır. Genel olarak unvanlarda kabul edilebilir bilimsel liyakat sırası en küçük ünvanından büyük olana doğru sıra takip etmesi gerekir (5). Bu sistem de doçentlik aşaması unvanı ön plana çıkarılmış, atanma ilkelerinin ölçüsü (yabancı dil, eser incelemesi ve sözlü sınavlar) subjektif kararlar ile bazı adaylar için zor elde edilen bir unvan haline gelirken bazı adaylar için ise daha kolay alınan bir unvan haline getirilmiştir.

Doçentlik sınav sisteminin akademik liyakatı artırmak amacıyla çıkarıldığı muhakkak, fakat akademik yeterlilikte çıkan bu olumsuz sorunların sonucu; ülkemizde akademik kariyer sürecinin bu aşamasında genç ve dinamik akademik bireylerin enerjilerini tüketerek yanlış yollara sevk ederek harcamalarına ön ayak olduğumuzu söyleyebiliriz. Bu konuda alınacak önlemler için öneriler şöyle sıralanabilir.

- Akademik yükselmenin tek kriteri, yapılan yayınlar olmamalıdır. *Bilimsel yayınlar, öğrenci eğitimi yanında;*
 - Üniversiteye ve Toplumla hizmet,
 - Ulusal veya uluslararası tanınmışlık,
 - Mesleki ve paydaş kuruluşlar ile işbirliği,
 - Meslek örgütlenmelerde aktif görevler vb. Gibi hizmet alanlarına da bakılmalıdır.
- Akademisyenlerin çalışma standartlarını yükseltecek önlemler alınmalıdır;
 - Kaliteli yayın yapmayı kolaylaştırmak için araştırma fon ve destekler ile finans kaynaklarını artırmak (Yerel Belediyeler, SODES, BAP; DPT, TÜBİTAK vb. Gibi)
- Öğretim üyeleri, ülke sorunlarına çözüm üretecek araştırmalar yapmak yerine, en kısa zamanda en fazla sayıda yayın çıkarmak derdine düşüyor, mevcut sistem de bunu motive ediyor. Bu durum hem tekrara, hem de bilimsel kaynak ve iş gücünün israfına neden oluyor.

- Konu seçimi de öğretim üyelerinin inisiyatifine bırakılmış durumda;
 - Kurumlar, araştırma konularını ülke önceliklerine göre tespit edebilir ve başvuran kamu veya vakıf üniversitelerine bu kaynağı aktarır. Sonra da araştırmanın gidişatını denetleyebilir.
- Diğer aksayan bir yön de üniversiteler arası akademik trafiğin Türkiye’de çok az olması;
 - Gerek Türkiye’deki öğretim üyelerinin farklı üniversitelerde dolaşımını arttırmak, gerekse yurtdışından kaliteli öğretim üyelerinin kazanılması için bir yönetsel müdahale yapılması gerekiyor.
 - Bunu gerçekleştirmek için çıkarılan ERASMUS, FARABİ, MEVLANA vb. Gibi öğrenci ve öğretim elemanı değişim programları amacına ulaştığını söyleyemeyiz. Ülkemizin batısı ve doğusu arasında bu akademik dolaşımların yapılmadığı görülmektedir.

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Spor Bilimlerinde Doçentlik Yayınları Kalitesi

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Türkiye’de spor bilimleri alanında doçentlik kriterleri üzerini değişik tarihlerde tartışmalar yapılmış ve en son 06 Ekim 2016 tarihinde yayınlanan günümüzdeki kriterler uygulamaya konmuştur. Doçentlik Başvuru Şartlarına bakıldığında “Spor Bilimleri temel alanında” başvuru alan doçentlik bilim alanı ile ilgili olarak çalışmalara verilen birim puanlar esas alınmak suretiyle; en az doksan (90) puanının doktora unvanının alınmasından sonra gerçekleştirilen çalışmalardan elde edilmiş olması kaydıyla, asgari yüz (100) puan karşılığı bilimsel etkinlikte bulunmuş olması gerekir (Resmî Gazete, sayı 29849). Yüksek Öğretim Kurulu da (YÖK), Üniversitelerde görev yapan öğretim üyelerince hazırlanan bilimsel makalelerdeki nitelik sorununu kabul etmiştir. YÖK tarafından Cumhurbaşkanlığı makamına sunulan Yükseköğretim Stratejisi Raporu’nda, uluslararası yayın endekslerine Türkiye’den giren yayın sayısının arttığı, ancak bu yayınlara yapılan atıf sayısında düşüş yaşandığı belirtilmiştir (Anonim, 2007). Güncel kriterlerinde birçok tartışılacak yönü yanında yayınların kalitesi yönünden de eksiklikleri olduğu düşünülmektedir. Makalelerin kalitesinin ölçülmesi için;

*Makalenin yer aldığı yayının hakemli olması,

* Makalenin yer aldığı derginin ulusal ya da uluslararası olması,

*Makalenin yer aldığı derginin ulusal ya da uluslararası dizinlerde taranıyor olması,

*Makalenin yer aldığı derginin saygınlığıdır (Etki faktörü= Impact Factor-IF),
(<http://kaynak.unak.org.tr>).

Başvuru alan doçentlik bilim alanı ile ilgili ve adayın yaptığı lisansüstü tezlerden üretilmemiş olmak kaydıyla uluslararası makaleden başlıca yazar olmak kaydıyla, en az 20 puan almak zorunludur. SSCI (Social Sciences Citation Index), SCI (Science Citation Index), SCIE (Science Citation Index Expanded) veya AHCI (Arts and Humanities Citation Index) kapsamındaki dergilerde yayınlanan bir makale bu şartı sağlamaktadır. Uluslararası alan endekslerinde taranan dergilerde ise yayımlanmış makaleden 15 puan alınacağı belirtilmektedir. Bursa’da yayınlanan “J Sci Sport Sci Med” dergisi 20 puan kapsamında değerlendirilmektedir. Hangi indekslerin alan indeksleri olduğu konusunda bir belirsizlik vardır. Bu nedenle Türkiye’de spor alanında yayımlana bazı dergilerin “uluslararası alan endeksi”ne dahil edilip edilmediği kesin değildir. Uluslararası alan endeksi geçerli olduğu için” Copernic, ebsco, doaj” vb indekslerinde taranan dergilerden puan alınabilir. Bazı spor dergileri bu indekslerde taranmaktadır. Doçentlik yayınlarının kaliteli olmasında en etkili bu maddedir (1a ve 1 b). Fakat bu maddeden de kolaylıkla puan almak mümkündür. Doçentlik başvuru şartları içinde ULAKBİM’in (Ulusal Akademik Ağ ve Bilim Merkezi) taradığı dergilerde en az iki makale şartının getirilmesi sonucu Türkiye kökenli dergiler teşvik edilmiş bulunmaktadır.

Ulusal Makale başlığında “Başvuru alan doçentlik bilim alanı ile ilgili ve adayın yaptığı lisansüstü tezlerden üretilmemiş olmak kaydıyla bu madde kapsamında en az üç yayın yapmak zorunludur”. 3 adet makale yayımlamak zorunluluğunda kalite sınırlaması dikkate alınmamaktadır. Kalite durumu TÜBİTAK ULAKBİM TR Dizin kapsamında dizinlenen dergilerin kalitesi değerlendirilebilir. Üniversitelerarası Kurul Başkanlığı tarafından Doçentlik Başvuru Şartları’nın “Ulusal Makale” maddesinde “ULAKBİM tarafından taranan ulusal hakemli dergilerde yayımlanmış makale” tanımı ile değerlendirme kapsamına alınmıştır (<http://cabim.ulakbim.gov.tr/ulakbim>). 2a. ULAKBİM tarafından taranan ulusal hakemli dergilerde yayımlanmış makale 8 puanla değerlendirilmiştir. 2b ise 2a maddesi dışında dergilerde yayımlanmış makaleler 4 puanla değer bulmuştur. ULAKBİM tarafından oluşturulmuş olan Sosyal ve Beşeri Bilimler temel konu alanında yer alan, TÜBİTAK Ulusal Veri Tabanları (TR DİZİN) tarafından

taranan dergiler vardır (<http://cabim.ulakbim.gov.tr/tr-dizin>). Bunlar Pamukkale Spor Bilimleri Dergisi, Hacettepe Üniversitesi Spor Bilimleri Dergisi, Ondokuz Mayıs Üniversitesi Spor ve Performans Araştırmaları Dergisi, Ankara Üniversitesi Spormetre ile Selçuk Üniversitesi Türk Spor ve Egzersiz Dergisi olarak görülmektedirler. Bunların dışında h5-index listesinde olan “Journal of Human Sciences” dergisi bulunmaktadır. Yine Çukurova Üniversitesi Spor Eğitim Dergisi, Celal Bayar Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, International Journal of Science Culture and Sport, National Journal of Sport, Exercise and Training Sciences dergileri 2b kapsamında olduklarını belirtirlerken aynı zamanda uluslararası alan endekslerinde yer almaları tartışılabilir. Bu madde yayınlanan üç makaleden dergilere göre en az 12 ve en çok 24 puan alınabilir. TR Dizinde yer alan dergilerin yıllık sayı adetleri artırılabilir ve diğer spor dergilerinin TR dizinde yer alması için çalışmalar yapılabilir. İndekslere girebilecek özellikte olan dergilerin ekonomik giderini TÜBİTAK karşılayabilir. Bu dergilerde yayınlanacak makaleler ile doçentlik yayınlarında kalite yükseltilir. DergiParkta bekleyen dergilerin desteklenmesi gerekir (Gazi Beden Eğitimi ve Spor Bilimleri Dergisi, Marmara Üniversitesi Spor Bilimleri Dergisi, Gaziantep Üniversitesi Spor Bilimleri Dergisi vs).

Lisansüstü Tezlerden Üretilmiş Yayında a,b,c,d, veya e kapsamında en az bir yayın zorunludur. Bu maddeden en fazla 10 puan alınabilir. C maddesinde Tanınmış ulusal yayınevleri tarafından yayımlanmış kitap 5 puan olarak değerlendirilmiştir. Bu maddede her aday kendi tezini kitaba dönüştürerek en az bir yayın zorunlu olma engelini aşmaktadır. Fakat kitaba dönüştürme esnasında ne tür şartlar aranacağı belirtilmemiştir. Bazı adaylar 3-5 sene önce yaptığı tezi hiç güncellemeden kitap diye bastırmaktadır. Yine f maddesinde Uluslararası alan endekslerinde taranan dergilerde yayımlanmış makale 6 puan olarak belirtilmiştir. G maddesinde ise ULAKBİM tarafından taranan dergilerde yayımlanmış makale 4 puandır. Aday tezini makale olarak sunmakla en az 4 veya 6 puanı kolayca alabilir.

Aday tezi dışında bir konuda “Tanınmış ulusal yayınevleri tarafından yayımlanmış kitap” bastırabilir (10 puan). Bu kitabın ders kitabı dışında olması kalitesini düşürebilir. Ders kitabı olmasının kalitesini daha da artıracığı düşünülmektedir.

Atıflar: Bu madde kapsamında en az 6 puan alınması zorunludur. Atıflardan 6 puan elde etmek teşvik durumunun olduğu günümüzde herkesin kolaylıkla elde edebileceği puandır. Başka arkadaşlar ile işbirliği ile bu baraj çok kolay aşılabılır.

Lisansüstü Tez Danışmanlığında en fazla 10 puan alınabilir. Bu maddede asgari bir zorunluluk bulunmamaktadır. Doktora her yerde olmasa da Yüksek Lisans programı hemen hemen her üniversitede mevcuttur. Yüksek lisans tez danışmanlığı 2 puan olsa da zorunluluk olmadığı için adaylar tez yönetmeden doçentlik kriterlerini sağlayabilirler.

Bilimsel Araştırma Projesi: Bu maddeden en fazla 20 puan alınabilir. Bu maddede asgari bir zorunluluk bulunmamaktadır.

8a. Uluslararası bilimsel toplantıda sunulan alanında bilime katkı sağlayan bildiri 3 puandır. Bilimsel toplantı kapsamında “en az 5 puan almak zorunludur, en fazla 10 puan alınabilir. Aynı toplantıda sunulan yalnız bir bildiri puanlanır” denilmektedir. Yine tanımlar kısmında Uluslararası Bilimsel Toplantı: “Konuşmacılarının en az yüzde kırkının toplantının düzenlendiği ülke dışındaki bilim insanlarından oluştuğu bilimsel toplantı” şeklinde tanımlanmaktadır. Buradan anlaşılan asgari şartı sağlamak için Türkiye dışında ve Türklerin organize etmediği iki kongreye gitmek gerekir. Uygulamadaki durum böyle olmamaktadır.

Eğitim Öğretim Faaliyetinden en az 2 puan almak ya da yurt içi veya tanınan yurt dışı yükseköğretim kurumlarında en az 2 yıl öğretim elemanı olarak çalışmış olmak zorunludur. Bu madde kapsamında en fazla 4 puan alınabilir. Bu maddenin yayın kalitesi ile ilişkisi yoktur.

Bilimsel araştırma ile yayın etiğine aykırılık iddialarını incelemek ve sonuçlandırmak amacıyla ÜAK bünyesinde” Bilimsel Araştırma ve Yayın Etiği Komisyonu” kurulmuştur. Bu komisyona gelen etik ihlalleri genelde değişik nedenlerden adayların lehine sonuçlanmaktadır.

Dergi kalitesi makaleleri değerlendirme sisteminin gücüne ve arasından seçim yapılacak kaliteli makalelerin varlığına bağlıdır (Özmen,2007). Araştırmacı yayın yaparken, yayın yapacağı derginin impact faktörünü göz önüne almasında fayda vardır. Yüksek impact faktörü olan dergiler tercih nedeni olur. Bir yayının kalitesini iki açıdan değerlendirebiliriz. Öncelik bilimsel kalitedir. Diğer kalite faktörü ise makalenin biçimsel değerlendirmesidir. Bilhassa yayın hayatına yeni başlamış olan bilimsel dergilere göz atıldığında, dergilerin web sayfalarında ilan ettikleri kaynak gösterme kurallarına uymayan makaleleri kabul ettiklerine sıkça rastlanıyor. Makalelerin çok sayıda yazım yanlışıyla dolu olmaları ise başka bir sorun. Türkçe yazılan makalelerin İngilizceye çevrilmiş özetlerinin yanlışlıkları mevcuttur. Yayınlarımızla ilgili üzerinde durulması gereken bir diğer önemli konu ise uluslararası katılımlı çalışmalarımızın sayısının az olmasıdır. Uluslararası çalışmalarda yer almak, ülkemizin ve meslektaşlarımızın tanınması açısından son derece önem arz etmektedir (Yağcı ve Sindel,2013). Oklun (2006), tarafından yapılan çalışmada da uluslararası bilimsel dergilerde yayın yapmanın önündeki en önemli iki sorunun dil yetersizliği ve güncelliğini yitirmiş araştırma konuları olduğu görülmektedir. Uluslararası yayın yapmakta Türk araştırmacılarının önündeki en büyük sorun yabancı dile yeterince hâkim olmamak ve alana yenilik katacak araştırmaları yapamama ktır. Bu iki neden birbirini beslemekte; yabancı dildeki yetersizlik alanla ilgili uluslararası literatürü izleyememeyi ve dolayısıyla alana yenilik katacak araştırmaların da yapılmasını güçleştirmektedir (Tuncel,2008). Araştırma amaçlarının net bir şekilde ortaya konmaması ve amaca uygun yöntemlerin belirlenmesi, araştırmaların niteliğini olumsuz yönde etkilemektedir. Ulusal dergi editörlerimizle gerçekleştirilen bir çalışmada da benzer sonuçlar elde edilmiştir. Editörler; araştırmanın problem cümlesinin tanımlanmasında ve bu probleme göre uygun yöntemin oluşturulmasında sorunlar olduğunu belirtmişlerdir (Büyüköztürk ve Kutlu,2006). Dergi editörleri inceledikleri her makalede, derginin konusu ile ilgili olmak, önemli bir soruya cevap vermek, özenle yapılmış olmak ve elde edilen sonuçların istatistiksel değerlendirmelerini bulundurmak gibi temel özellikleri ararlar (Açan ve ark.,2012). Temsil gücü sınırlı olmakla birlikte iki editörden elde edilen ayrıntılı yanıtlarla şekillenen araştırma sonuçları dikkate alındığında uluslararası hakemli bilimsel dergilerde yayın yapma sürecini olumlu etkileyecek şu öneriler geliştirilebilir;

- Yabancı dili ve yabancı dili bilimsel bir üslupla kullanmayı geliştirmek,
- Çok sayıda yabancı dilde basılmış makale okumak ve literatürü takip etmek,
- Araştırma yöntem bilgisini geliştirmek,
- Türk sporundaki süreçleri temel alan araştırmalardan ziyade teorik çerçeveye katkı sağlayacak araştırmalar planlamak,
- Ana dili İngilizce olan çalışma arkadaşı edinmek (Tuncel,2008).
- Seçeceğiniz konu bugün ve yarın yaşanması beklenen konular olmalıdır.
- Her şeyden önce bilimsel olmalı, tutarlılık göstermeli ve emekle üretilmelidir. Taklit makalelerden uzak durmakta fayda vardır.
- Yayın yapıldığı konudaki terminolojiyi iyi kullanmış olmak gerekir.

Gerek makaleyi yazan yazarların, gerekse derginin veya kendilerinin saygınlığını korumak isteyen hakemler ve editörlerin onun kaliteli olması ve düzgün görünmesi için de gerekli çabayı sarf etmelerini bekleyebiliriz. Uluslararası katılımlı, daha çok atıf alacak çalışmalara önem verilmesi gerekmektedir. Yayınların kalite artışı, amaçlarına uygun dergilere insanların daha kolay ulaşabilmesi gibi nedenlerle spor alanında yayın yapan Türk dergilerinin üye olduğu bir birim olabilir.

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ABSTRACTS

RECREATION-TOURISM AND SPORT MANAGEMENT

The Effectiveness of Recreational Activity in Schizophrenic Patients

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Schizophrenia is a common disorder which has big personal, social and economic effects. Generally antipsychotic treatment has limited effect on negative symptoms and cognitive deficits although it is effective on positive symptoms. Unfortunately this feature is the most important reason of the disability. At the end of the first year of the antipsychotic treatment, prevalence of the metabolic syndrome increased by five times and body weights of the patients increased about 15 kilogram. Decrease in physical health continues and the expected life duration for patients with schizophrenia decreases between 15 and 20 years. Physical activity is a key for cardiovascular health. Although current studies revealed that sedentary life is an independent risk factor for diabetes, chronic diseases like cardiovascular diseases and obesity. Recreation activity which works for increasing for psychomotor activity is better for patients with schizophrenia and adherence of patients may be predicted to be more. The purpose of this study is the investigation of the efficacy of the recreation activity in schizophrenia patients. 30 patients with the diagnosis of schizophrenia who were recorded in the Community Mental Health Center of the Hitit University Çorum Education and Training Hospital were included in our study. Recreation activity was performed to patients three times per week for 12 weeks. Scale for the Assessment of the Negative Symptoms (SANS), Scale for the Assessment of the positive Symptoms (SAPS), Global Assessment of the Functioning (GAF) and Clinical Global Impression (CGI) scales were applied to the patients at the beginning and the end of the 12 weeks of the study. Also body lipid percentages and body weights of the patients were measured, body mass indexes (BMI) were calculated at the beginning and the end of the study. The participants included 11 women (36,7 %) and 19 men (60 %). 10 of the participants (33,3 %) were married and 2 of them were (6,7 %) widowed. Mean of their ages was 41,23±10,21 and the mean of the duration of their education was 8,83±3,10. The difference between the beginning and the end values of the SANS (p=0,001), SAPS (p=0,023), GAF (p=0,004) and CGI (p=0,003) scores and body lipid percentage measures (p=0,019) were statistically significant. But the difference between the beginning and the end values of the body weight (p=0,406) ve BMI (p=0,471) measures were not statistically significant. The mean rate of participation to the sessions was 23,97±10,40 (%66,58; with 5-36 session intervals). Findings of our study show that recreation activity decreases psychiatric symptoms of patients with schizophrenia, increase their functionality, decrease their body lipid percentages and it is applicable. In addition any significant difference wasn't found in body weight and BMI.

Keywords: Schizophrenia, Psychosis, Recreation, Exercise

Comparative Examination of Recreational Sports Facilities Provided by the Municipalities in Terms of Different Variables

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In the research study that examines the recreational services provided by the different municipalities in Turkey, a descriptive, screening method has been applied. In terms of creating a theoretical framework about the subject, the existing information has been presented in a systematic manner by reviewing the related literature. In the research, document review has been applied by following a qualitative methodology for data collection. A total of 12 municipalities have been examined in the course of obtaining a sample to represent the universe of municipalities that provide recreational sports services. However, the sample has been limited to four municipalities as the same kind of data that is planned to be gathered in the direction of the research purpose has been archived by the related units of the municipalities. The sample of the study consists of 1 Metropolitan Municipality and 3 district municipalities, which have 144 recreational sports facilities in total, have selected through convenient sampling. These municipalities are Kocaeli Metropolitan Municipality, Istanbul Üsküdar District Municipality, Eskişehir Tepebaşı and Eskişehir Odunpazarı District Municipalities. In this study, it has been aimed to examine the recreational sports facilities provided by the selected municipalities in terms of the ratio to the population, the distribution within the living environment, the recreational area per person, and the rate of recreational facilities in comparison to the other services provided by the municipalities. A comparative analysis of the data, which is obtained through an in-depth analysis of the official documents received from the respective municipalities, has been conducted. According to these analyses, there are some differences between the recreational sports areas provided by the four municipalities in terms of variety, size and capacity. Considering the budgets of the four municipalities, the fact that there is no big difference between services provided by the Kocaeli Metropolitan Municipality in comparison to the local municipalities has drawn attention considering that they have more budget and capacity than other municipalities. It has been thought that the reason for the considerable differences between the service areas and varieties provided by the Odunpazarı and Tepebaşı municipalities is the demands of the residents of these municipalities for sports facilities although they are the central districts of the same metropolis. Although Üsküdar Municipality is a district municipality, it has been observed that the rate of recreational sports facilities per person is two times more than Kocaeli Metropolitan Municipality. It has been also seen that the Üsküdar District Municipality attaches more importance to the audience opportunities that provide passive recreation participation than the other three municipalities, in addition to active recreation participation. The fact that Üsküdar Municipality provides more recreation opportunities and services and provides these services more intensely in comparison to the other four municipalities can be explained in direct proportion to having the urbanization culture of Istanbul and material resource advantage. As a result, the recreational facilities that municipalities provide to the public are directly affected, positively or negatively, by different variables such as, the constraints and opportunities of the geographical region in the first place, the shared budget, the participation of the people living in that municipality in the recreational activities and their demands from the municipalities etc. The most obvious observation in the course of obtaining data in the direction of this research is that these statistics are not kept in detail by the municipalities or they are not taken into

account in terms of the future service investments. It has been thought that this study may assist municipalities to achieve the principle of equality in terms of the distribution of recreational services and to produce more efficient recreational services. It is suggested that the local government decision-makers should use such research data, which have the characteristics of concrete output, before the planning of the services that will be provided and that other researchers should conduct similar research towards transferring public resources to recreational services.

Keywords: Municipalities, Recreation, Opportunities, Services

An examination of skiing tourists' socio-demographic features and skiing-specific preferences in Erciyes Ski Centre

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Winter sports tourism is a primary social and economic factor in mountain regions worldwide. Knowing the individual characteristics and preferences of skiing tourists has played important role in order to increase customer satisfaction and the number of tourists. The purpose of this study is to examine the skiing tourists' socio-demographic features and skiing-specific preferences in Kayseri Erciyes Ski Centre. The collection of information about the socio-demographic features and skiing-specific preferences of tourists was done using a survey form created for this objective. A total of 549 skiing tourists were examined in the Kayseri Erciyes Ski Centre between 2014 and 2015. The results indicate that they were 421 (76.75%) males and 128 (23.3%) females with mean age of 33.86±10.43 years (range 10-82). Of the tourists 33.9% were middle monthly income levels (2500-5000 TL) and 25.7% were low level (<2500 TL). Most of the participants had a Bachelor's degree (57.9%) and 20.4% had a master's degree. 162 tourists (29.5%) were from Kayseri, 365 (66.5) were from other cities of Turkey, and 22 (4%) from foreign countries. Alpine skiing was the most preferred as the skiing discipline by tourists (n=308, 56.1%). Tourists acquired the ski equipment through purchase (52.3%) and rental (43.9%). The most preferred piste in Erciyes was Hisarcık piste (26.4%), and red piste (35.9%) being intermediate level in terms of the degree difficulty. As a result, collection and analysis of this data for ski centers might be the first and most important step as a way to manage the needs, expectations, and satisfaction of skiing tourists.

Keywords: Skiing, tourism, tourist, preference.

Mount Kailas and the Caves of Milarepa: Visiting Holy Tibetan Sites, Bridging Cultures and Religions, Combining Sports, Adventure, and Tourism.

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Mountain ranges, peaks and caves - all of them attract human interest. Mountains used to be the seats of gods, peaks became the goals of human climbers, and caves have been used as places for protection and solitude, withdrawal and retreat. Now they attract explorers and tourists. In the south-west corner of Tibet, now part of China, close to the borders of Nepal and India, lies Mount Kailas, the highest peak in the Kailas Range, with an elevation of 6714 m. It is the holy mountain of four present-day religions: The Tibetan Buddhists, the old Bön religion of Tibet, and the Shivaites and Jains of India, both pre-dating Buddhism and the Tibetan Buddhist veneration of the holy mountain. Some identify it with Mt. Meru or Sumeru, the cosmic centre of the universe. Officially, Mt. Kailas was never climbed, as it is considered a holy, sacred, and taboo site. All Tibetans know the legend that Milarepa, in a magic competition, once flew to the peak. When I circled Mt. Kailas in 1999, in a three weeks tour, it was still a place with a spiritual atmosphere. Now, the whole place is either completely closed by the Chinese authorities, or hundreds of busses on the newly built roads may aim for the holy region, and the visitor groups are given numbers and are administered by official guides on strictly controlled walkways which they must follow and not leave. In May 2016, at the age of 75 (after I had climbed a peak of 6150 m in 2015), I visited the MILAREPA caves in Nepal, Lapche area, crossing the Tibetan (Chinese) border, at and above an altitude of 4000 m, in a rather difficult, exhausting, adventurous, dangerous and successful climb. The area is generally pretty inaccessible, and the normal paths had been washed off by the disastrous earthquake of 2015. MILAREPA is known as the most renowned and legendary saint, yogi, mystic, poet and reformer of Tibetan Buddhism. He spent many of his 84 years (1052 – 1135) of his ascetic life in some of these caves, living on nettles. Our little group, led by Bruno BAUMANN, found the hermits, the Tibetan Buddhist monks, who have spent their life in retreat, meditation and isolation, some of them up there for 20 years, following their famous model and master MILAREPA. We happened to arrive just before the annual festival. They invited us to their common puja which, following their moon calendar, took place the next day. During the festival with the ancient monastic rituals of Tibetan Buddhism, some of us could feel the density of energy and could envision things that escape the scientific description of a German university professor – the kind of spiritual experience, or experience of nature that natural science does not teach. On the last day of our way home, after we had crossed the last bridge over a torrential river, the monsoon started and wiped off the bridge. Had we been there one day later, we might have been forced to stay there for some more months waiting for the end of the monsoon and a new bridge.

Keywords: Culture, religion, sport and adventure

The Effect of Social Media on the Selection of Ski Center by Ski Lovers: Erciyes Ski Center Example

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Marketing communication activities in the tourism sector have a vital importance for businesses in the industry. Businesses that provide accommodation, transportation, food-beverage, entertainment services etc. in order to announce the products and services they deliver, promote the use of their main as well as side products and services, increase their usage and create a positive perception to increase the demand; make intensive use of sales communication activities such as advertisement, public relations, short-term sales promotions, direct marketing, and personal marketing. The development of internet technologies and especially the use of social media, has brought a new understanding and practice to this marketing communications activities. The intensive use of social media by users has made that different sport recreation fields like winter tourism centers make intensive use of social media in the lead, new communication technologies in their promotions and in their communication with ski lovers. In recent years, in sports tourism literature, people's motivations to use social media and other new communication technologies has been a topic of interest. Accordingly, the purpose of our study is to study the influence social media in the decision-making process of ski lovers in their selection of ski center in the example case of Erciyes Ski Center. The data for the study is gathered through the use of survey research, one of the quantitative research methods, by applying a questionnaire. The findings of the study have shown that; ski lovers mainly and intensively make use of Instagram and Facebook to obtain information about and select a ski center; however, stated that they did not meet the promotions or advertisements of Erciyes Ski Center on the social media; that other factors like being economical, closeness and the quality of the facilities were more influential in choosing Erciyes Ski Center.

Keywords: Social Media, Erciyes Ski Resort, Winter Tourism

A Study on the Perspectives of Recreation Management Students in The Animation Profession

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The purpose of this study is to determine the perceptions of students, who are studying of recreation management under tourism education, about the animator occupation and to identify the differences regarding demographic variables. For this purpose, a questionnaire study was applied to 284 students who studying the department of recreation management at Gazi University Tourism Faculty. As a result of students' answers were partially positive, and also it was determined, while the perceptions of the students about the animator occupation did not differ according to the gender and the summer practice, on the other hand, differed according to the age, class and their working conditions before.

Keywords: Animation department, recreation management, tourism education

The Effect of Experiential Quality of Recreational Activities On The Behavioural Intention

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The purpose of this study is to determine the effect of experience quality perceptions and behavioral intentions on the people whom ever participating in the activities of recreational activities that local governments have regulated, according to demographic variables. Moving from this goal, a questionnaire was conducted on 409 people who participated in sporting events and artistic activities organized by the municipalities in Eskişehir city center. When the results of the researches are examined, it is seen that the quality of experience of the participants is high. It was also found that the experience quality had a positive effect on behavioral intentions in the right direction and the experience quality perceptions differed according to gender, while people did not vary from according to age, marital status or income.

Keywords: Recreational activities, experiential quality, behavioural intention

Effects of Attending Outdoor Sports Course on the Perceived Self-Confidence Levels of University Students

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In this study, it was aimed to evaluate the effects of attending outdoor sports course on the perceived self-confidence levels of Physical Education and Sports Education Department (PESE) students in the Hitit University Faculty of Sport Sciences. The study sample was consisted of 44 sophomores (22 females and 22 males), 46 juniors (15 females and 31 males) and 38 seniors (12 females and 26 males) studying in PESE (males=79 and females=49; total 128). Self-confidence scale developed by Akın (2007) was used for measurement. ANOVA, paired and independent sample t tests were used to analyze data. The group's average self-confidence score is over 3.5, indicating that they have a high level of self-confidence. High self-confidence scores provide a good sign on the subjects' beliefs in achieving an activity successfully. As a result, it was found that there was a significant difference between the inner self-confidence post test scores of the subjects who attended outdoor sports class or not. Post test total scores of the subjects' were significantly different ($p<0.05$), but no significant difference was observed for external self-confidence scores.

Keywords: Physical Education and Sport, Self-Confidence, Outdoor Sports Course, Outdoor Sports.

Evaluation Of Some Demographic Variables With Learned Resourcefulness Levels Of Reading Students In Sport Management Department

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The main objective of this research is to examine whether the university students is a significant relationship between the level of learned resourcefulness and some demographic characteristics. The universe of the research is university students who are trained in Sport Management in Trakya University Kirkpinar Physical Education and Sports College. Students voluntarily participated in this study. The population of the study consisted of 114 students. Data were collected by the study, prepared by researchers' Personal Information Form 'and developed by Rosenbaum (1980) 'Rosenbaum Learned Resourcefulness Scale' is used. Kruskal Wallis and Mann-Whitney U tests were used because the findings tested against the Shapiro-Wilk normality test did not show a normal distribution. The mean score of the students' Learned Resourcefulness was $115,17 \pm 18,56$. On the other hand, there is no significant difference between demographic information and level of Learned Resourcefulness. The scores on the Rosenbaum Learned Strength Scale score range from 36 to 180. In our study, it is seen that the students' level of learned resourcefulness is above the average. This points that students have height of self-monitoring skills.

Keywords: Learned resourcefulness, university, students

Investigation of The Expectations of The Individuals Participating in Sports Centers

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The aim of this study; to investigate the expectations of the individuals participating in sports centers activity in Corum. The universe of the research is composed of 338 individuals who participated in sports centers in Corum. Participant demographic questions form and 'The level of satisfaction of the spending and the sports centers' expectation level of the individuals who continue the sport' was applied. Kolmogorov Smirnov test was used for determine whether the data were normal or not ($p < 0.05$). Kruskal Wallis and Mann Whitney-U test were used for statistical analysis of the data. No any significant difference was found in the survey findings among educational status, marital status, monthly income and expectation scores from sports centers ($p < 0.05$). There was a significant difference between the expectation scores of gender and sports centers ($p < 0.05$) and it was determined that the expectation scores of the sportsmen were higher. Individuals preferred sports center and expectations of the sports center in order to determine whether there is a significant difference Kruskal Wallis test was done. There was a significant difference between the test results ($p < 0.05$) and and the Mann Whitney-U test to identify the groups that produced the difference. As a result of the analysis; a significant difference was found between the Buhara Cultural Center and the Swimming Pool and the Atılım Sports Hall ($p < 0.05$). According to Mann Whitney-U test results, which were made between the sports year and the expectation scores of the sports center, it was found that there was a significant difference in the sport over 10 years ($p < 0.05$).

Keywords: Sports Center, Expectation.

Sport and physical activity in the constitution

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This study addresses the regulations about sport and physical activity in Turkey and some countries in the world and discusses the issue in the light of literature. Considering the examples in the world, it can be seen that some countries include sport or physical activity at constitutional level, while others include these as laws. Within this context, it can be understood that while some countries have included only sport or physical activity in their legislation, others have included both of these concepts. On the other hand, sport is not included in the Constitutions of most of the countries in the European Union. However, European Union countries have signed the Treaty of Lisbon. With the Treaty of Lisbon, which came in force in 2009, significant changes were brought to the treaties of the European Union. According to this, the Union has the authority to take precautions about youth and sport in order to support, coordinate or complement the activities of the member countries. At the same time, it was stated that the Union will contribute to the development of European dimension in sport by taking the specific characteristic, volunteering basis and social and educational functions of sport into consideration and it was reported that in order to realize these goals, member countries will accept incentive measures except the harmonization of laws and secondary regulations. The treaty is undoubtedly above the countries' own regulations and it includes sport separately. As it is, the youth and sport issues in the 58th and 59th items of Turkey's current Constitution are evidently provisions way ahead of many EU countries. However, it is not possible to say that these aforementioned provisions are reflected in practice as much as EU countries. This picture can be resulting from the fact that the societies have different sport cultures. Thus, the participation of societies in sport and physical activities are about the climate of special assessment as much as they are about legal legislations. Thus, as the aforementioned climate gets milder, the tendency for doing activities can increase similarly. In addition, detailed inclusion of some of the provisions in the Turkish Constitution can cause sport and physical activity to be included more extensively and stronger in the other legislation. Within this framework, it is thought that the sport concepts about elite sport, mass sport and sport for the disabled should be taken under constitutional protection with different items. In Turkey, participation in sport can be generalized by maturing the perspective to the phenomenon and by making the constitutional legislation more extensive. It has been concluded that Turkish Constitution should include provisions of the right to participate in physical activities in addition to the provisions of protecting youth and developing sport. The content and scope of 58th and 59th items of the current Constitution should be changed and participation in physical activity should be taken under constitutional protection.

Key words: Constitution, Sport and Physical activity

Investigation of Sports Tourism From Perspective of Hotel Managers in Antalya

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In order to develop sports tourism area rapidly and to benefit from it for our country, it is necessary to develop strategies and policies that deal with sport and tourism coordination for sports tourism. In terms of sports tourism, Antalya is the most popular place in Turkey. International and local sports clubs prefer hotels and villages in this region for their training because of the great potential due to the capacity and the suitability of the facilities in the climate region. Taking these factors into account, the importance of sustainable development in sports tourism for the Antalya region arises. Accordingly, the aim of this study is to consider current subject from the perspective of hotel managers for planning and policy interventions that can be carried out in the region. In the study, 18 semi-structured interview forms were obtained from managers of 4 and 5 stars hotels which placed in Antalya region and the following some suggestions were developed. First, in Antalya there is a consensus, in general, on the sufficiency of infrastructure for sport tourism but opened for development. Especially for football, golf, tennis and bicycles branches but not for other sports. For this reason, it is prevailing that the appropriate road and environment regulations for different branches (especially nature sports, swimming, gymnastics, etc.) should be made and the promotion of Antalya should be increased by forming new teams in unconsidered branches. Secondly, it is necessary to determine an effective marketing strategy in cooperation with the Antalya region in order to compete with Mediterranean food countries such as Spain (Mallorca), Greece, Italy, Portugal and Egypt which are our primary sports tourism competitors whose destination image is constantly updated. Third, there is a need to take the necessary precautions in areas such as the quality of the athletes for the athletics teams (the care of the fields, the criteria of the lawn, the quality of the lawns, the side units, etc.), the appropriate menu planning for the athletes, the location of the athletes and other services (hygiene and health, sleep quality and other services) is required. Development in consumption areas such as textiles, souvenirs, spas, car rentals, recreational activities, day trips that are part of the enriched product for sports tourists will also help promote the region as well as increase per capita consumption. Sports tourism is very important for tourism in the region due to the income from resort hotels, seasonal demand balancing and employment creation. Fourth, participation of local people is a strictly important issue in the development of sports tourism. For the vaccination of sport and respect consciousness in the city, the public should be encouraged in to sport through trainings and activities. Likewise, tourism school's students should be directed to sports activities as well as taking courses related to sport tourism. Finally, it is an important obstacle developing sport tourism projects to be built in the region only with private sector efforts hence projects to be carried out should be introduced by public-private partnership with necessary financing.

Keywords: Sport tourism, Development, Antalya, Managerial Opinions, Planning

COACHING

The investigation of movement profile of veteran tennis players during simulated tennis match play

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The purpose of this study is to investigate the movement profile of veteran (35-45 age) tennis players during simulated tennis match play. 24 national-level veteran male tennis players (40.4±2.7 years) volunteered to participate in this study. The matches were performed on a clay court, and after totally 12 matches were recorded with video cameras, the match movement analyses; total distance covered in different speed zones (0-7; 7-12; 12-18; 18-24 km/h) were determined from using two portable (10 Hz) GPS monitoring devices. Playing variables of participants were found as average speed of the game 3.4±0.6 km/h, the average speed and the amount of distance (m) 2003±182m (0-7 km/h), 364±98m (7-12 km/h), 184±57m (12-18 km/h), 21±12m (18-24 km/h), total covered distance 2574.4±335.8m resting time between rally (25.3 ±8.1 s), stroke per rally (2.5 ±1.2), and duration of rally (7.2 ±4.8 s) during matches. It was seen that the significant of the running is the lowest speed section (0-7 km/h ~80% of the total playing time). In order to reach desired match demands, players should perform more total distance covered with short intervals. These results might be used for preparation of training program for veteran tennis player.

Keywords: Movement analysis, tennis, veteran tennis players

Examination of Coach Behaviors Preferences According to Nationality Status of Athletes

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The purpose of this study is to examine the coach behavior preferences of national and non-national athletes in various branches. The researcher's universe is composed of 142 non-national athletes ($M_{\text{non-national}}=21.507\pm 2.21$) and 190 national athletes ($M_{\text{national}}=21,484\pm 2.22$) who are active in different universities using random sampling method. The Coach Behavior Preference Scale (ADSP) was used to determine what kind of coach behavior the athletes preferred. ADLÖ adapted to Turkish culture, validity and reliability studies were carried out by Filiz and Demirhan (2017). When the obtained data are analyzed; there was a significant difference between national and non - national athlete's behavior preferences ($p < 0.05$). According to the gender variable, national and non-national athletes' trainer behavior preferences include; a significant difference was found in female athletes except general incentive teaching type and error-conditional technical teaching type ($p < 0.05$). As a result; we can say that the nationality and the gender variable make a meaningful difference between the trainer behavior preferences.

Keywords: Coach Behaviors, Athletes , National Player

Investigation of Leadership Features of Amateur Male Soccer Players with Sports Training

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The purpose of this research was to investigate the leadership characteristics of amateur male football players who have received sports training in university according to their age, income status, years of making sport and captain status. The team leadership scale was applied to 180 amateur male football player. Statistically independent t-test, one-way analysis of variance and LSD tests were used. Leadership score of 20 years and below was found to be 33.07, while age 21 and above was found to be 31.11. According to the sporting year, the leadership score is 30.86 for 1-3 years, 33.52 for sports between 4-7 years and 34.00 for sports over 7 years. In this study, there was no significant difference in leadership scores according to age group and years of sport ($p > 0,05$). It is significant that those who have high income according to their income level have a lower level of leadership score than middle and low income ones ($p < 0,05$). The score of those who said that they were working as captains was 33,27 while those who were not captains were 31,16 and these values were not found meaningful ($p > 0,05$). It was found that the age, amateur football players and the year of sports making and captain status and the leadership qualities did not change. It can be to be due to the fact that sports groups have to be trained and age groups are close. It is suggested that sports education should be offered as an opportunity to university students who are not sports educated, thinking that it will improve the leadership feature.

Keywords: Sport, Team, Leadership

Quantitative and Qualitative Analysis of Effects of Rule Changes in 2008 that are Related to Net Contact on Game And Players In Volleyball

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The aim of this study is to investigate the effects of the rule changes by FIVB allowing for net contact except for the upper band in 2008 on the game and players. In addition, advantages and disadvantages of the rule changes were analyzed in this study. Mixed methods research that combines quantitative and qualitative research methods was used in the current study. Causal comparative method was used in the study and 425 sets were analyzed from various levels. The researcher interviewed with 16 athletes, 12 coaches and 5 referees in the qualitative section of the study. Social media contents were collected from 7 different web sources and 134 persons from 29 countries attended the study. “Independent Samples t Test” and Mann Whitney U Test” were used by SPSS in the quantitative section of the study. Coding and node creating process were applied by NVIVO10.0 in the qualitative section of the study. It was found that, “the mean of a set”, “the mean of a match” and “the number of discussion about referee decisions” increased significantly ($p<0.05$). Conversely, “Decisions of the net contact numbers” decrease significantly in this study ($p<0.05$). The most frequently encoded positive nodes were found “relaxing of players”, “increase the pleasure of views” and “longer and more exciting games” in the qualitative section of the study. The most frequently encoded negative nodes were found “increasing sports injuries”, “increasing in unethical behaviors”, “discussion of referee decisions”. The most common alternative approach was “Evaluation of the line rules and regulations of the net at the same time”. In conclusion, “relaxing of players”, “increase the pleasure of views” and “longer and more exciting games” are very important for the game. Contrary, all rule modifications should be more carefully in order to keep the physical and psychological health of players and reputability of the game.

Keywords: Volleyball; Rule Changes; Player Performance; Sports Injuries

Comparison Of Successful Lifting Of Senior Men's Weightlifting National Team To Ranking Countries In Team Ranking

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The aim of this study was to compare the successful lifts of the 6 attempts for the senior male weightlifting national team athletes snatch and clean&jerk movements in the international competitions to the successful attempts of the top three countries in the team rankings. In the study, the results of the 4 World Championships and 5 European Championships, in which the senior male weightlifting national team athletes participated as a full team, were used as data. Statistically significant differences were found in snatch 2 attempts and in all clean&jerk attempts $p = <0.05$. As a result, it was seen that the overall successful lift performance of the senior male weightlifting national team athletes was lower than those of the first three countries in the championships. It is thought that this difference may arise due to psychological and training-related causes, and further studies are needed to determine the causes related to psychological or training.

Keywords: Weightlifting, National Weightlifting Team, Snatch, Clean and Jerk.

Examination of Aggression Levels of High School Students Participating in Interschool Competitions

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Field of sports substantially comprises concepts such as love, peace, tolerance, equality, discipline, virtue, justice, happiness, and respect. Yet nowadays, unfortunately, all these features have given places to offensive behaviours. Offensive behaviours which are basically defined as giving damages to rivals, audience and competition environment by violating the rules restrain people doing sportive activities and taking pleasure from watching them. In order to prevent offensive behaviours, it's crucial to find out which factors cause high school students' aggressive behaviours during interschool competitions and their levels of aggression. On this purpose; this study aimed to examine the aggression levels of high school students according to some variables.

Universe of the research was high school students who attended sportive activities at the age of 14-18 and participating in inter school competitions during 2016-2017 academic year in Amasya Province. Sampling group consisted of 393 (275 male, 118 female) students randomly and voluntarily chosen from different school types. As data collecting means Aggression Scale developed by Kiper (1984) was used. It was a 7 pointed likert scale with 30 items and 3 sub-dimensions. Its Cronbach alpha internal consistency value was .81 on destructive aggression sub dimension; .93 on imperishableness sub dimension and .88 on passive aggression sub dimension.

Results of the study showed that age, while gender and sport duration had meaningful differences on imperishableness sub-dimension of the aggression levels of high school students participating in inter schools competitions in Amasya; high school type variable caused meaningful differences on imperishableness and passive aggression sub-dimensions. Doing sports variables caused no meaningful differences except for grade levels, family incomes, parents' educational backgrounds, sports branches and school teams variables.

Keywords: Sport, High School Students, Aggression, Participating in Interschool Competitions

Defining countries success in elite sport

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The Olympic Medal Table is often used as a reference by scholars, media and politicians to compare countries success in elite sport. Despite its popularity, it has some limitations, which prevent it from being a precise measurement tool for countries performances in sport. Indeed:

- 1- The superiority of a gold medal over any number of silver and of a silver over any number of bronze will create situations where a country having only one exceptional athlete capable of winning a gold medal is placed in front of another one endowed with several athletes who were placed second and third.
- 2- The number of medals awarded per event does not take into account neither the level of competition of the sport to which it belongs nor the number of countries and athletes that it involves.
- 3- Although the largest multidisciplinary competition in the world, the Olympics are not the pinnacle event of several mainstream sports (i.e. football, tennis, golf, boxing and cycling)
- 4- Only 87 countries won medals if we combined the 2014 and 2016 Olympic medal table. This fact will prevent a proper comparative analysis of countries success in elite sport considering that almost 58% of the participants are absent.

In order to suggest a more accurate country sport classification, Nassif has developed an elite sport ranking methodology which will create a precise measurement of every country's performance in elite sport, this ranking becoming in the future an acknowledged and used scale by media, national governing bodies and scholars. This will allow scholars specializing in the field of elite sport policy to better identify the factors behind the success of countries in international competitions.

The main features of this new model are:

- a) A computation model that attributes to each country its share of points in at least one sport, and, consequently, its world ranking on the basis of the total number of points, which this country would have garnered in the sports recognized by the Global Assembly of International Sports Federations (GAISF) and others sports not yet GAISF recognized but enjoying a significant media popularity.
- b) The introduction of universality and popularity coefficients for each sport.

The methodology created by Nassif allowed the ranking of the 206 countries having national Olympic Committees in a wider range of sports. It also rewarded countries which succeeded in highly universal and popular sports that do not offer many medals (i.e. football and basketball) and scaled appropriately those who mainly won in minor sports offering a lot of medals. By doing a holistic comparison of all the nations' performances in almost all the existing sports, evaluating the success of a national elite sport policy will be more accurate.

Key words: Countries, Success, Elite, Sport

Motivational States of Athletes Who Participate in Intercollegiate Taekwondo Championship

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The objective of this study is to research the motivational status of taekwondo athletes who participate in intercollegiate championships and intrinsic and extrinsic motivations of these athletes in terms of gender and being a national team athlete. Sport motivation scale was applied to 113 athletes who participated in intercollegiate taekwondo championship. T test was used for statistical analyses. In terms of motivation sub-dimensions, intrinsic motivation score to know and to succeed was found as 5,60, intrinsic motivation score to experience stimulant was found as 5,77, extrinsic motivation score for identification was found as 5,07 and a motivation score was found as 2,80. No significant differences were found in the motivation sub-dimensions of taekwondo athletes in terms of gender differences ($p>0.05$). In terms of the variable of being a national team athlete, statistically significant difference was found in both intrinsic and extrinsic motivation ($p < 0.001$). Motivation scores of taekwondo athletes were found to differ in terms of the level of being a national team athlete, but not in terms of gender. The targets of taekwondo athletes should be enhanced in order to increase their motivation scores.

Keywords: Motivation, Taekwondo, Sport.

Comparison of Self-Confidence Levels of Athletes and Sedanter High School Students (Example of Kırşehir Province)

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The purpose of this study is to compare the self-confidence levels of high school athletes students and sedentary students. The study was conducted on 179 students, 92 athlete students who does sport in school teams and club teams, and 87 sedentary students in Kırşehir province, in 2016-2017 Education Year. Self-confidence scale developed by Akın (2007) was used as data collection tool in the study. Kruskal-Wallis test was applied to Nonparametric tests in the analysis of data tested with Shapiro-Wilk test. According to the analysis made on the obtained data, it was seen that the team athletes had a significantly higher level of self-esteem than individual athletes and sedentary ($p < .05$). Sedentary students, according to the athletes, have both lower internal and external self-esteem levels.

Keywords: Athletes Student, Sedentary, Self-Esteem

Turkey, Sport and Integration

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At the beginning of the 1950s, the economy was booming in post-war Germany. Rising industrial production increased the demand for manpower throughout the country, particularly in the agricultural and mining sectors. Also for road and bridge construction. On 20 December 1955, Germany and Italy signed the first commercial agreement. The German-Italian recruitment agreement also served as an example for further bilateral agreements: after this, Spanish Greeks and these countries followed in 1961 Turkish people as guest workers in Germany. The recruitment agreement between the Federal Republic of Germany and Turkey was held in Bonn on 30 October 1961. The residence permit for the Turkish guest workers was initially limited to 2 years. After that, they were to return to their home country. In practice, however, the rotation principle could not be realized in the long term. During the oil crisis in 1973, the federal government issued an arrest stop in the period (1973). They were faced with the choice of either returning permanently to Turkey or staying in Germany, most Turkish workers decided to stay. There are now 2.6 million Turkish people in Germany. In the last 55 years, the integration of immigrants into German society was discussed. Many projects were carried out: for example: integration through sport. Sport plays an important rule in the entegration of young Turkish people. In this presentation, I will talk about the history of the guest workers in Germany. Especially, Turkish people and Sports. Finally, the sporting national and international successes of the Turkish and Turkish young women in Germany. Finaly, sports, integration and I will talk about the success of Turkish youth in sports. As a sport journalist, I have been working on the subject of Turkish young people sport many years and spent a lot of time to publish the successes of the Turkish youth.

Keywords: Turkish immigrants, Sports, Germany

PSYCHO-SOCIAL ASPECTS OF SPORTS

Evaluation of Elite Water Polo Athletes of Coping with Stress Styles to Some Variables

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The uses of adequate and appropriate ways of coping with stress styles in sports have positive contributions to sporting success. In this study, it was aimed to investigate the some variables of elite water polo athletes of coping with stress styles. In this study, 146 healthy and volunteer male athletes with an average age of 19.53 ± 2.27 participated. For the research group, "Personal Information Form" and "Scale for Responding to Stress" were applied. As the research data showed normal distribution according to Shapiro-Wilk normality test, t-test and one-way analysis of variance (ANOVA) test were applied for intra-group and inter-group analyzes according to demographic information and 0.05 was selected for significance level. There was no significant difference was found between age groups, education status and sport age levels of elite water polo athletes, and the coping with stress styles collected under 6 factors ($P > 0.05$). However, according to school type, the athletes in the private school had significantly higher than the ones in the public school of coping with stress styles in the active planning sub-dimension ($P < 0.05$). On the other hand, according to the urban variables, the athletes of Gaziantep province had a significantly higher than the sportsmen who participated in the competition from Ankara and Kayseri provinces for coping with stress style in the looking for outsourcing /external assistance search sub-dimension ($P < 0.05$). It can be said that the elite water polo athletes to cope with stress have an active planning style in the private school, while the athletes in Gaziantep have positive influence on the external assistance search style. Athletes should find and try appropriate styles to cope with stress because of the competition that they are exposed to different intense and stress levels.

Keywords: Stress, water polo, elite athlete

Contribution of Indian Traditional Physical Culture and Sports including Yoga in enhancing physical, mental fitness and social values.

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Indian culture is one of the most ancient culture of the world. It has a rich heritage, gives full thoughts to Physical Education and Sports realizing its role in all round development of human personality. Several sports indigenous activities and folk dances are popularly practiced in India for recreation for the fitness and recreational purpose. India is a multistate country and every state has its own traditional culture, games and sports. Some of the popular Indian traditional games and sports are Atya patya, Kabaddi, Kho-kho, Mallakhamba, Buffalo racing, Bullfighting, Chaturanga, Dhopkhel, Fighter kite, Gilli-danda, Insuknawr, Lagori, Langdi, Mukna, Vajra-mushti, Vallam Kali, Yubi lakpi. Yoga is a science of life which is useful to develop maximum potential of human being and state of consciousness. Today yoga has become popular all over the world due to its multidimensional utility in various angle of life. Recent scientific research trends have shown that it can be served as an applied science in a number of fields such as health, family welfare therapy, sports in prisons remands home, defense etc. Yoga can also be inculcate social values through the Astang Yoga (Yama Niyum) among practioners. It also gives the impetus to the tourism. Yoga lovers from number of countries come to India to learn Yoga.

Keywords: Indian Culture, Traditional Games, Yoga, Fitness, Recreation, Astang Yoga.

Role of Women in Indian Sports

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Women are traditionally not encouraged to indulge in sports. Sports are man oriented where man plays and women watch it is clearly visible in the Indian media too, be it films or advertisements. The two main reasons for such a low and poor participation of Indian women in sports are a social mentality reflected through the media. Despite females participation in sports still being considered a taboo in some sections our society, over the years. There have been several of our leading ladies who have achieved greatness at the international level... People should come out of their orthodox mindset and think in rational way to avoid injustice on women. As seen recently many good Indian female athletes and players of increase this speed of participation of women and their contributions to Indian sports the above mentioned measures are necessary and should be implemented very soon by the government.

Keywords: Motivation, Awareness, Opportunities

Analysis of the Optimal Olympic Place Choice in Turkey by Multi Criteria Decision Making Methods

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Gaining the right to be a host to the Olympic Games is considered to be an important award through becoming a brand city in the world in increasing competitive environment. The Olympics add high value for the host country with its economically, and enable these games to be perceived as a sports culture and to spread the sport. According to Baron de Coubertin, who is considered to be the father of the Olympic Games idea, the Olympics are important organisations that will mediate the spread of three important values such as "a universal flow / understanding, brotherhood and peace".

Sometimes the reason why the cities want to host the Olympics is not to pass on the values expressed by Coubertin, whereas these cities suppose that Olympics to trigger a series of urban developments. That's why the Olympic Games, an arts, sports and cultural feast that has been followed by millions of people from various parts of the world, are important organisations that have gone beyond being a sports contest. Every government that desire to carry out such a huge organisation in its country is giving important struggles to become a part of it. Nevertheless, the city, which will be the host city of Olympics, needs to prove that it has the necessary qualification for the games. In order to provide an objective measure of this adequacy, the International Olympic Committee (IOC) has identified 5 main criteria and 22 sub-criteria. The Committee consider number of objective and subjective criteria such as the number and size of facilities, geographical and cultural factors, meteorology, accommodation, transport, medical services, safety and security, technological infrastructure, government and public support in the selection of the Olympic City. When evaluating application files, cities with superiority in these criteria have an important opportunity to move from candidate list to permanent list.

The aim of this study is to select the most suitable city for Summer Olympic Games in Turkey within the framework of these criteria. All metropolis cities of Turkey, qualitative and quantitative data will be considered and multi-criteria decision making methods will be used to select the best Olympic City.

Keywords: Olympic Games, Multi-criteria decision making.

A Research on the Determination of the Effects of Olympic Games on Households: Samsun Deaflympics 2017 Sample

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The nature and number of artistic, cultural and sporting activities; It contributes to the socio-economic development of a country as well as to the diversification and development of tourism activities. Countries compete to organize international big sports organizations because of its economic and socio-cultural contribution and also popularity of media and public opinion. Especially in the last twenty years to join to and interest in the organized sporting events effect the development of alternative types of tourism and contributed significantly to the economic growth of the tourism sector as final. Olympics are the biggest events among other sporting events which followed and valued in the world. These Olympics, which the countries have organized, both contribute to the promotion and image of the country and play a big role in the increase of tourism revenues.

In this research, the Olympic Games Impact Scale (OOEÖ) was used which developed by Zhou and Ap and conducted the Turkish form validity and reliability studies by the Kafkas and Binbaşoğlu. Purpose of this research; the effects Samsun Deaflympics 2017 on the perception of local population. In accordance with this purpose; 524 people living in the province center of Samsun between the ages of 18-65 were surveyed on 01-15 June 2017. The data obtained by the questionnaire were processed into the SPSS 15.0 for Windows package program. Frequency, percentage distributions, mean and standard deviations are given in charts for both individual characteristics and OOEQ related questions. In addition, t test and one way analysis of variance were used to determine the differences between the perceptions of the participants of the research on the Olympic Games Impact Scale and individual characteristics. Participants in the survey indicated that the Olympics provided new employment opportunities, increased trade, improved service standards, added new facilities, and ultimately increased the number of tourists. Otherwise participants in the survey say that the Olympics increase the prices of basic goods and services and increase the cost of living.

Keywords: Deaflympics, Samsun, Olympics

Evaluation of Summer Hearing Disabilities Olympic Performance (Deaflympics 2017) with Numeric Data

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The 23rd Summer Hearing Impaired Olympic Games (Deaflympics 2017), which is the third biggest sports organization in the world hosted in Samsun between 18-30 July 2017 and it's ever been organized the biggest sport organization by Turkey. International organizations have an important role in promoting and transferring the cultural characteristics especially the cities, in general of countries. It is expected that such organizations will contribute to the city in short and long terms. Which the cities organized Olympics, it provides constructors of modern sports and social facilities, new and improved infrastructure, also a significant increase in the number of tourists coming to the city and in tourist incomes. As a matter of fact, Deaflympics 2017, 3 thousand 148 athletes competed in 21 different branches in 97 countries and more than 5 thousand foreign guests participated provided an economic contribution of approximately 10 million dollars to and has an important role promotion of Samsun. According to Deaflympics 2017 Digital Media reports; At the end of the Olympics, the number of Facebook followers was 24 thousand 224, the number of Twitter followers was 32 thousand 830, the number of Instagram followers was 12 thousand 852, also in social media video site YouTube, the number of content was 108, the number of live broadcasts was 11 thousand 504 and the number of followers was 1 million 565 thousand 251 people.

In Deaflympics 2017 organized in 22 different facilities, a total of 86 records were broken, 54 of them being world records and 32 of them being Deaflympics. The world record of breaking was the swimming with 26 records, then the shooting followed 15 and last the athletic recorded 13. Russia, which was at the summit of the organization with 199 medals, the breakout 33 world record left behind the opponents.

Aim of the research; large organizations intended to be regulated are thought to be data, information and most importantly reference source by using statistical data from Deaflympics 2017. In addition, the costs incurred for large organizations will be reflected in the country's economy.

Keywords: Deaflympics 2017, Olympic Stats, Hearing Disabilities Olympic Performance, Olympic Figures

Examination of Empathic Tendency Levels of Students in School of Physical Education and Sports: Hitit University Example

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Empathy; "The process in which a person looks at events from his point of view by putting himself in the place of the person opposite, the process of feeling, feeling and conveying that person's feelings and thoughts correctly"(Dökmen, 2005). People with tolerance and respect for individuals with different ethnic backgrounds have higher levels of empathy, people with higher empathic skills have higher levels of behavioral intentions than others, those with higher empathic skill abilities demonstrate more prosocial behaviors empathic skills were found to be higher than those of other individuals who had direct connections and were able to assume the role of the individual in their vocational training (Bayam et al., 1993). Empathy has the characteristics of developing people from the social side and giving them the ability to build positive relationships with other individuals. For this reason, it is desirable to bring this behavior to the society in general and to develop these empathic skills. It is an undeniable fact that in order to gain this happiness, firstly the individuals who give education and training in the society and who are in the position of manager should gain this behavioral characteristic and apply these behaviors. The purpose of this research is to determine the differences of the empathic tendency levels of Hitit University Physical Education and Sports students according to some demographic and other variables. One sample T-tested and percentage and frequency analysis was carried out for personal information form and empathic tendency. According to the results of the research, it was determined that the levels of empathic tendency did not differ according to age, class, actively doing sports and parents' educational status and occupation variables. However, it was found that gender and department variable showed a significant difference on the level of empathic tendency. Whereas empathic tendency level scores of female students ($\bar{x} = 3,54 \pm, 39$) were higher than male students average score ($\bar{x} = 3.30 \pm, 48$), empathic tendency point averages ($\bar{x} = 3,47$) of students who read in Sports Management Department were higher than those of Department of Coaching Education ($\bar{x} = 3.30$). As female has more emotional feelings than male, there is difference between female and male. Studies in our country also support that women participating in the survey tend to be more empathic. In this situation, empathic tendencies are inevitable because girls receive more messages to understand the feelings of others (Kapıkıran, 2009). The lower incidence of such expectancies in boys can be attributed to the lower level of empathic tendency of boys. We see that in our community, some families approve that boys are more aggressive or even aggressive. In terms of raising girls and boys, it can be considered that gender roles have an important place in the development of the empathic tendency (Kapıkıran, 2009). One reason for the significant difference between male and female students may be that women are more emotional than men.

Keywords: Empathic Tendency, Sports Science Students

Investigation of the Effects of Social Policies Applied to Individuals with Disabilities on Sports Participation (Example of France and Turkey)

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The purpose of this study is to assess the impact of personal financial support and budget, as a means of social policy, spent on the level of on participation level in Paralympic Games personal financial support. In the study, France and Turkey were taken as an example, the budget allocated by these two countries to disabled persons between 2007, 2014 and participation status in Paralympic games from 2008 Beijing Paralympic games up until today were examined.

The conceptual framework for the topic has been established through the information obtained from the related literature and internet sources. According to research data; Turkey has increased its spending of € 1,276.52 million in 2007 to € 3.812.92 million for the disabled in 2014. This expenditure is about 377 Euro per disabled person in 2014. France increased its expenditure of 35,742.65 million Euros to 45,347.24 million Euros in 2007. This expenditure is about € 2,848 per person with disabilities. In Turkey, there are 13,257 disabled athletes in all disabled sports federations, 47,815 disabled athletes in France. When the participation status of the two countries regarding Paralympic Games is examined; France Enlisted 120 athletes in 2008, 158 athletes in 2012 and 122 athletes in 2016. Turkey participated in Paralympic Games with 16 athletes in 2008, 69 athletes in 2012 and 79 athletes in 2016. According to the survey data, the expenditure on disability in Turkey in 2014 has increased about three times compared to 2007. Parallel to this, the number of participants in Paralympic games increased from 16 athletes in 2008 to 79 athletes in 2016. It is seen that France has more athletes participating in Paralympic Games for a long time have more economic support is higher in every aspect than Turkey when compared to our country. In addition, 122 French athletes participating in Paralympic Games in 2016 won 28 medals in total, 79 athletes from Turkey won 9 medals in total.

According to this, it can be said that the increase in expenditures on disability in Turkey is a positive effect of participation in the Paralympic level.

As a result of the study, it can be said that financial support for disabled people provides opportunities for participation in social life and therefore there is a relation between participation in the sport. By continuing to increase the economic support provided to the disability, the training of many disabled athletes with internationally successful qualifications can be encouraged.

Keywords: Disabled, Sport, Social Policy, Paralympic Games

Investigation of The Effect of Neuro Linguistic Programming (NLP) on Sport Activities

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Along with the constantly developing and changing competitive environment, the athletes are constantly searching to be able to improve their performances, be more equipped, stronger and faster. The technological changes and physical training in the equipments meet the demand of the athletes to increase their performance significantly. Indeed, a physically strong body has been adopted by coaches and athletes to carry it to a certain level, which can not be enough. In order to achieve optimal and superior performance and achieve success of the athlete, physical, technical and tactical skills as well as concentration, motivation and mental endurance are important as well as psychological skills of the athlete. The increase in performance of the athlete will also have a direct impact on the performance of the organization. The information that an athlete receives from different disciplines contributes positively to his performance. NLP, known throughout the world as thought, emotion and behavior management; reprogramming the brain-nerve louse to produce success and result. The NLP ensures that one is aware of the potential that one is not aware of and transforms that potential into performance. Nowadays, NLP has been developed in recent years especially in private and public organizations and has been used in many fields such as communication, teamwork, motivation, management, medicine, family communication, goal setting and leadership, marketing. In this context, it is possible to improve productivity and effectiveness by using NLP techniques and principles in sports types where personal or team potential plays an important role. The main purpose of this declaration is; Examination of the effects of using NLP methods and techniques on the performance of the athlete, suggestions for this method to be widely used in our country sports and to contribute to the organizations in the sector.

Keywords: Neuro Linguistic Programming (NLP), Sport, Sport activities, Sports education.

Representation of female athletes in sports newspapers. A case-study in Portuguese press.

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Despite the undeniable advance of women's participation in public spheres in Western societies, many scholars and feminist groups point out that androcentric culture is still present in contemporary times, influencing personal, economic, cultural, social, labour, and political relations (Alvarez, 2002; Bourdieu, 2003). Not unlike this, sport also remains a field where gender inequality is produced and reproduced, as pointed out by Birrell & Cole (1990), Marivoet (2001, 2002) and Migliaccio & Berg (2007). Considering these aspects, our study aimed to evaluate the presence of women athletes in three daily sports newspapers printed in Portugal, during the last quarter of 2016. We intend to analyze the image of the female athletes by journalists (men or women). We constructed a model of analysis in order to operationalize our hypotheses and we used content analysis to measure variables and indicators. As far as we are aware, the presence of news about female athletes is very smaller compared to that of sportsmen, and the images conveyed tend to reproduce an androcentric look at women in the light of traditional stereotyped gender concepts. Nevertheless, as Bourdieu (2003) affirms, both journalism and sports have an involvement in the social construction of gender, representing characteristics of what is male and female. Thus, women's participation in sports competitions and consequently the news about their performances in the media not only reproduce but also counteract traditional gender stereotypes.

Keywords: Women, Sport, Gender, Androcentrism, Media

The Mediatization of Football Clubs

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The aim of this research is to analyze the way football clubs are part of mediatization process. Following the digital revolution, direct communication between public and organizations became easier and less expensive. Thus, clubs invested in their own media and communication channels to reach their fans, in order to enhance their connection. In theoretical terms, we want to frame our research inside mediatization theory (Hjarvard, 2008). Nowadays, it is no longer possible to separate the media from the social fabric. We live inside the media, and we are constantly consuming media anytime, anywhere and from any device. We live in a time where organizations have to find constant new ways to draw attention to their messages. Despite the fact that live sports are one of the few things that still has its main value at the time when it takes place, the explosion of entertainment options make more difficult to attract fans. To be media savvy and to have visibility is an important factor for success. Mediatization is a social phenomenon where the media logic influence society and organizations. Following the perception that communication and media, especially new digital technologies, are important tools, sports organizations change their structure, becoming more complex, and also their behavior to match their aspirations (Frandsen, 2015). Mediatization must be placed alongside with other social process, such as globalization, commodification and individualization. Mediatization helps to optimize interactions – more interactions simultaneously -, and also increases virtualization, allowing organizations to detach from territories and reaching distant fans. For this project, we use a “ethnographical-interview” approach (Beaud and Weber, 2010). Our field work was done at three different soccer clubs, Benfica, Botafogo-RJ and Paris Saint-Germain, where we interviewed content and media professionals from the clubs. Our goal was to understand the organizations, business models, objectives and work routines of the club TV channels and their strategies. These professionals offer an inside look of those organizations.

As mediatization process advances, the organization become more complex and become capable to invest in different aspects of the sports field. At the present, clubs are able to control the flux of communication, employing media consultants, public relations and producing their own content. Television is a vital factor of success. Broadcasting rights are one of the most important source of revenues for sports. Also, visibility provided by TV pushes commercial contract and even ticket sale. To be capable to control the communication flux is empowering for soccer clubs to negotiate new contracts. Taking into account football clubs viewpoint, we want to discuss the reasons they decided to invest in their own media and communication channels. After our analyses, we identified that football clubs aims to booster the emotional and mediated connection with fans, creating a strong community. Finally, we consider that media channels owned by the clubs have a phatic function. For the sake of interaction, these channels serve to form and sustain a community of fans spread over a country or the globe.

Keywords: Mediatization; Football Clubs; Digitalisation; Sports Media

Examination of Reactions of Athletes to Stress

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The purpose of this study is to determine university students engaged in sports active response to stress in their lives. The researcher's universe is composed of 332 students who study at different universities and actively participate in sports by using the random sampling method ($M=21.494\pm 2.21$). "The Student-Life Stress Inventory-Revised (SLSIR)" was used to determine the stress levels of the students. SLSIR adapted to Turkish culture, validity and reliability studies were carried out by Baloğlu and Bardakçı (2010). When the obtained data are analyzed; there was no significant relationship between the sports ages of the athletes and emotional and evaluative responses, whereas a negative linear relationship between physiological and behavioral responses was found. When the responses of the athletes to the stress were examined according to the gender variable, no significant difference was observed between the behavioral and evaluative responses ($p > 0.05$), a significant difference was observed emotional and physiological responses ($p < 0.05$). As a result; we can say that sport age and gender can to be an important factor in the differentiation of reactions against the stress.

Keywords: Stress, Athletes, Student

Analysis on violence and aggression in sport trends of the students studying in higher education institutions offering sports education

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The students who are studying in higher education institutions that provide training in research in sports violence and aggression have been made for the purpose of examining the behavior of. The survey method was used for collection of research data. Participants in order to determine the tendencies of violence and aggression in sport, Sahin (2005) developed by the aggression scale was used. It consists of 18 items, and the cronbach's Alpha reliability coefficient of the scale as 0, 77, has been identified as. Analysis variables frequency and percentage values calculated according to the data obtained t-test and one way analysis of variance (ANOVA) was used. Data analysis and findings is created and presented in the table for statistical package program was used. The scope of the study the sample of students who study in Duzce University Faculty of sport Sciences in creating; the students who voluntarily participated in the research comprise of within the universe. As a result, the behaviour of participants in sport violence and aggression according to their answers to the survey questions applied in order to detect an average of the scores obtained and compared according to the mean Score of the female participants compared to male participants variables is high, it has been found that without significant differences. All variables did not show a significant difference between what constitutes.

Keywords: Sports, Violence, Aggression, Trend

A Scrutiny on the Levels of Internet Addiction and Participation in Physical Activity of the Members of the Grey Wolves Organization

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The objective of this study is to examine the Levels of Internet Addiction and Participation in Physical Activity of the Members of the Grey Wolves Organizations. The population of the study consists of the individuals in the Grey Wolves Organizations situated in seven regions of Turkey, continuously visiting the Grey Wolves Organizations in the 2016-2017 school year. The sample of the study comprised of total 622 persons determined through the random sampling method. The scales used: the "Diagnosis Questionnaire" developed by Young (1996) by adapting from DSM - IV "Pathological Gambling" measures and an "Internet Addiction Scale" developed later on and consisting of 20 questions was formed. In the study, the socio -demographic information form and the Physical Activity Scale, which is adapted into Turkish, and which was originally developed and whose validity and reliability works were conducted by Crocker, Bailey, Faulkner, Kowalski, and McGrath (1997) (Physical Activity Questionnaire for Older Children [PAQ-C 4-8]), were applied to determine the physical activity levels of the volunteers taking part in it. The SPSS 16.0 statistics package program was used in the assessment of the data and in finding the calculated values. The data were summarized by providing the percentages, averages, and standard deviations. The level of significance was taken as 0.05 in the study. Upon the statistical analyses conducted, no statistically significant difference was observed in the scrutiny of them as per the gender and height variable while their examination in terms of the age variable exhibited a statistically significant difference in favor of the participants at the age of 20 and below in the score averages of the Internet Addiction Scale. In view of examining them according to their weight ratio average, it was determined that a statistically significant difference took place upon the Anova test conducted in line with the score averages of the Internet Addiction Scale. A Tukey test, one of the multiple comparison tests, was used to determine the difference between groups and the Internet Addiction ratios of the participants with 60 kilos of weight and below were determined to be more than those participants with 61-70, 71-80, and 81 kilos of weight and above. No significant relation between the two variables was determined according to the results of the Pearson Correlation Test for the Score Averages of the Internet Addiction Scale and Physical Activity Levels ($r=0,031p>0,05$). As a result, the fact that the physical activity levels and internet addiction levels of the participants are low confirms the emergence of no significant relation between the two variables. This situation demonstrates that the physical activity level is affected negatively by other factors than internet addiction.

Keywords: Turkish Grey Wolves, Internet Addiction, Physical activity

Analysis on academic fraud trends of the students studying in higher education institutions offering sports education

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The purpose of this work to sports sciences at the Faculty of education of the students to determine if the academic fraud trends. Students study to determine the academic fraud trends survey method is used. The survey form (2008) Eminoğlu developed by the Academic Inquiry Into the Trend Scale (ASEÖ) is used. The operation of the validity-reliability survey also Eminoğlu (2008) and made by Cronbach alpha internal consistency reliability coefficient 0.90 has been found. Statistical analysis: showing a Normal distribution of the data in terms of knowing how to skiwness kurtisos (and) values of the skew and basıklık maintained these values -2 and +2 has been their value between the values for this reason we have utilised parametric test techniques. Comparisons between the two independent variable independent sample t test for more than two independent variable used if the benchmarks varyans one-way anova analysis is used. Talk about the relationship between the variables of the presence of the correlation analysis method for pearson has been applied. Also a method of identifying the statistical analysis are given in percentage of the frequency Analysis of the data in the event of a table and signs can be created and supply (20.0 version) SPSS Statistical package program is used. If the data is calculated from the frequency and the percentage values. The study population of Sports Sciences at the Faculty of Education of the Students If the population Duzce University Sports Sciences at the Faculty of Education of the Students. As a result the data obtained from the study participants age, gender and education and academic variables such as they saw him for a tendency to examine the relationship between them has been a meaningful. But the women participating in the study participants and sports directorate section of the ongoing inquiry into the academic students to pull the copy can be said to have a higher.

Keywords: Sports Sciences Faculty of Academic fraud, Trend

Analysis of Critical Thinking and Empathizing Levels of University Students Studying in Sport Sciences

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The aim of this study was to analyze critical thinking and empathizing levels of students studying in Sports Sciences Faculty, and to present the difference between these two variables. The population of the study consists of students studying at Sports Sciences Faculties located in the provinces of Turkey in the seven regions regarding 2014-2015 education year. Sample of the study consists of 6296 Sports Sciences students selected from 67 universities in total (n=32) located in the seven regions of Turkey with random sampling method. As data collection tools, "California Critical Thinking Disposition Inventory" developed by American Philosophy Association in 1990 and adapted by Kökdemir(2003) to Turkish and "Empathic Tendency Scale" developed by Dökmen(1988) were used. When analyzing the data, in order to determine if the difference between the group averages is significant, Kolmogorov-Smirnov test was performed. And because the distribution was normal, t test from parametric tests was used for paired comparisons, and One-way Variance Analysis was used for other multiple comparisons. In analyses, significance level was taken as 0,05.

Keywords: Critical Thinking, Empathic Tendency, Physical Education, Sports School, Student

The Examination of High School Female Student's Free Time Satisfaction Level's

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The aim of this study whether girls high school student's free time satisfaction level shows differentiation according to variations or not. Totally 399 students who study in Imam Hatip and Kız Meslek High Schools in Karaman are participated in this study voluntarily. In this study "Free Time Satisfaction" scale which was developed by Beard and Raghed (1980), adopted to Turkish by Karlı and his friends (2008), was used as a data collection tool. The datas were analyzed by the software SPSS 21.0 (Statistical Package for Social Sciences). While analyzing data, the type of school, doing sport or not doing, whether having a school or club licence or not, in order to identify the effect of variations, t test was done, One Way analysis of variance (Anova) was used in order to resagnate the effect of variations which age, grade, father and mother's educational level, the family's level of income, parent's job, field of High school and frequency of activity and LSD test was used in order to identify the group which cause differentiation. According to results obtained from the study, age, doing sport, physical activity frequency, having school and club licence or not, have a meaningful difference on free time satisfaction level ($p < 0.05$). It was determined that type of school, the level of income, grade, father's educational level didn't have a meaningful differentiation ($p > 0.05$). Consequently while doing sport and physical activity frequency are increase to free time satisfaction level is increase, too.

Keywords: Free time, free time satisfaction, Female High School students.

Characteristics and Effects of Mascots in Organizations of Olympic Games and Some World Champions

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It is aimed to investigate the features and effects of Mascots used in Olympic Games and some World Championships. Literature search was done. In World Championship and Olympic history, the use of mascots first appeared at the 1966 Football World Championship and 1972 Munich Olympics. Then the mascot application became compulsory like the constitution of the Olympics. Mascot was one of the best ways to feel the youth and participation of children in the Olympic soul, with the visible face of the Olympics and the means of promotion. In this direction, it became inevitable to use symbols to advertise and promote the Olympics. The Olympic Games are a great opportunity to create a festive atmosphere and convey the history and culture of the host city and the local people's spirit. In this sense, it is very important for people to express the cultural values of the cities where the country or organization is organized with colors and symbols. Olympic Games and World Championships used mascots in various shapes and colors. Each mascot is unique, has a dynamic character, and represents friendship and fair play. In the cities where the games will be organized, mascots were used to advertise on the streets before the organization started and to announce the organization, entertained the audience in front of the competition and during the waiting time between the competitions and started to love the games to the children and fans because the children attracted attention. Because the mascots, which are mostly selected from animals and symbolic, just as cute as people, close to the canine, cheerful, sporty, and charitable and so on, they have positive attributes. Olympic Games and some world champions generally used animal-based mascots. Some of these mascots were also used by soccer fans in the stands. It is suggested to select mascots with animal-based and simple features in Olympic Games and World championships organizations to be held in Turkey.

Keywords: Sports and Mascot

Logos and Mascots of The Selected Football Teams

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In this study, the use of logo, mascot and reflection of the selected football teams are investigated. Football; Despite today's popular position, the directors are trying to bring this situation to a more active position by using logos, logos and mascots. The dominant element that brings visual identity to the Football is undoubtedly clubs with an intense symbolic value. The clubs express themselves in moderately and differently designed arms. Arms are naturally presented as assimilated by institutional stories with aesthetic styles made up of various original drawings, figures and color ornaments. Each one is a visual feast and image of the club's armor, are recorded in the visual memory. There are many differences between clubs. The use of logo, logo and mascot in football clubs is very different. It has been seen that the world's elite soccer clubs use them more effectively. Considering the regional and cultural characteristics of football clubs that are not mascots in Turkey, should have mascots to be made concerning the regional and cultural characteristics.

Keywords: Club, Logo, Mascot

Sports as a Product of Consumer Culture

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It is still very new that sports as old as almost the history of humanity has just started to be on the agenda of philosophy. One of the main reasons for the high interest of philosophers in sports which is recently discussed from different focal points such as ethics, aesthetics, religion and politics in philosophy is its transformation into one of the indicators of consumer culture in which we dwell. Upon looking back at the history of humanity, sports confront us as an activity performed with an amateur spirit. Also, unlike today, the purpose of the athlete was to have a good time before; athlete and the audience were not different from one another. Each audience used to be or wanted to be included in the game. With the rapid change occurred in our lifestyle recently, a radical transformation has taken place in the meaning attributed to the sports, as well. Above all, sport ceased to be an amateur activity and has become a professional job. Accordingly, sharp distinctions between the audience and the athletes have appeared; the roles owned by each of them have been determined by the rules. Athlete's role has been determined as to represent his/her team and more generally his/her country in the best way possible. This situation means that his or her job is to win all the time. Therefore, the athletes should take care of their body; train both their mind and body for the best performance. In return, the audience should play their role as a good fan and support fanatically the athlete or the team representing the group they belong to. Another role of the audience as a fan is to buy and consume the products produced by the team they support. When the audience is taken into consideration, another prominent point is to make them passive. Today, a vast majority of the people we call audience almost only consists of a television audience, and their relationship with sports has been reduced to a television screen. In this study, based on the transformation experienced in sports today, kinds of changes experienced in the role of the athlete and the audience will be subject to a detailed evaluation, and how the games feed the consumer culture will be discussed in the context of athlete and audience roles.

Keywords: Sports, Philosophy, Consumer Culture

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Analysis of Physical Education and Sports Collage Students' Leadership Traits The Sample of Çukurova University

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Changing management styles in today's world have also brought changes in the employees' profiles. No matter what the employment and the position is, having a leadership trait is an important issue for a person. Companies prefer people affecting and motivating groups zealously and excitedly and also having traits to cope with the problems that the changes have brought. There are also these kind of choices in the field of sports. In literature, although we see very different concepts about leadership traits, it is evaluated in two dimensions called as "Initiating Structure" and "Consideration" which mean "leadership for individuals" and "leadership for jobs". Initiating Structure refers to well-defined patterns of organization, channels of formal communication, and procedures whereas Consideration refers to mutual trust, respect, and friendship in relationship between the leader and members of the group. The aim of this study is to analyze Physical Education and Collage Stidents' leadership traits based on consideration and initiating structure dimensions in terms of demographic variables. The sample of this research which is designed as descriptive and quantitative is composed of 293 volunteer students selected through easy sampling method from Department of Physical Education, Coaching and Sports Management Department at Çukurova University. The data of this research and were gathered through personal data form and Leader Behavior Description Questionnaire (LBDQ) which was constructed by Hemphill and Coons, developed by Halpin and Winer and adapted to Turkish by Önal. Since the data did not have a normal distribution, Mann Whitney U test was used in Pairwise Comparison, while the Kruskall Wallis was used in comparing more than two. According to the findings in consideration dimension, there is a meaningful difference in favour of department of physical education and licensed student athletes. In Initiating Structure, there is a meaningful difference in favour of the ones who have high income. As Accommodation status in terms of consideration and initiating structure, there is a meaningful difference in favour of the ones living with their parents. No meaningful differences were detected in terms of gender, class level, academic achievement. As a result, type of the department that the student attends, whether being licenced athletes or not, income level and academic achievement are significant issues in terms of determining leadership traits of Physical Education and Sport Collage Students

Keywords: Physical Education and Sports College, Leadership, Initiating Structure, Consideration

Investigation of The Effect of Art, Sport and Religious Education on Body Image

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The purpose of this study is determine body image in individuals with fine arts, sports, theological, and other education. 317 male and 227 female, total of 544, fine arts, sport, theological, Faculty of Education, and Faculty of Science and Letters students were participated in the study. Body-Cathexis Scale (BCS) were used. One Way Anova, LSD tests, and Independent Samples tests were used for statically processing. There wasn't a significant difference in between ($p>0.05$). Body Image score according to gender found at male 99 and female 101,4 score. Body Image score found at sports faculty students 71 Fine arts students 80,9; Faculty of Science and Letters students 89,5; Theological faculty students 125,7; and Faculty of Education students 134,4; According to the faculty members, the difference between the body image scores of the students was found to be statistically significant ($p<0.001$). In addition, the body image score was 70,9 in the team sports, 69,8 in the individual sports, and 107,5 in the sedentary ($p<0.001$). While there found sports faculty students with the best body image, the faculty of fine arts students watched it. The worst body image was found in students of the Faculty of Education and the Faculty of Theology. It is thought that sport and art education affects body image more positively than religious education. Sedentary students have worse body image scores than sportsmen. It can be said that taking sport and art education positively affects the body image. More sports and arts activities should be provided during the education and training phase.

Keywords: Body Image, Art, Sport, Faculty and Education.

**The Investigation of Attitudes of Students, Who Study at a Level of High School And University,
Towards Unwanted Behaviours and Violence in Sports**

Ramazan Şeker

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This study has been done with a view to investigate the attitudes of students, who study at a level of high school and university in the region of Kahramanmaraş, towards unwanted behaviours and violence in sports. In order to carry out the purpose of research, It has been tried to include the problems of research regarding data by making a literature review. Within the scope of research; a questionnaire has been conducted to 1400 students (419 female, 981 male) who study at 13 high schools, which are at the centre of Kahramanmaraş province, and 772 students (321 female, 451 male) who study at Kahramanmaraş Sutçu Imam University. A SPSS (Social packages for the social sciences) 15.0 package program has been used in the evaluation of datum. Descriptive statistics have been done by finding personal information variables (age, gender, educational status), frequency and percentage distribution of participants. A Ki- Square test has been used in comparison of received datum and whether the results are meaningful or not has been determined at a level of alpha 0.05.

As a result of this study; it has been determined that when the increases students'level of education, unwanted behaviours and violence in sports have been decreasing and gender leads to disparities at a level of sensing and female students are less prone than male students towards unwanted behaviours and violence in sports.

Keywords: Sports, youth, violence, aggression.

An Analysis of Body Image, Body Perception, and Academic Postponement Levels of Adolescents Who Do and Do Not Do Sports

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The study aimed to investigate whether or not adolescent students do sports and body image, body perception and academic postponement level of adolescent students, and also aimed to determine the level of relationship between them. 869 (14-19 age group) high school students who received education in seven districts located in Hatay Province were participated in the study and selected by the random sampling method. Body images, body perception, and academic procrastination scales were implemented to collect data. In the analysis of the data, non-parametric test batteries were benefitted because of the abnormal dispersion. The results indicated that there was no significant difference between the body image and the academic postponement levels of the adolescents who did and did not do sports, but the body perception of the adolescents who do sports was higher. There was a significant relationship between body image, body perception and academic postponement.

Keywords: Adolescent, Sport and Image, Body-Image Perception, Academic.

The Examination of the Attitudes Toward Physical Education in Secondary School: The Sample of Karaman

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The aim of this study is to examine the attitude to Physical Education of the students in the secondary school. Totally 409 students which are 202 girls and 207 boys that study at Yunus Emre and BİFA Secondary Schools in Karaman Province participated in research. In Yunus Emre and BİFA Secondary Schools in Karaman Province participated in research. In order to designate the attitude scale of Physical Education Of the students, that developed by Güllü and Güçlü (2009) was used. In analysis of data SPSS 21.0 packaged software was used. In addition, descriptive survey model was used in survey. To designate whether there is a meaningful difference or not statistically and multiple comparisons, the analysis test of data of Independent Samples T was used. In addition, the analysis test of data LSD was used to designate the group that cause a difference. Significance level was embraced as 0.05 in the statistical analysis of scale. It is determined in the result of the research that %51.1 of the students do sports and clear majority of them hasn't school or club licence. While it was determined that the students attitude to physical Education showed a meaningful difference according to grade, age and the frequency of doing sports and Physical activity. It didn't show a meaningful difference according to sex, education and income level of parents, possession of school or club license. In conclusion, it can be said that for secondary school students, the grade, the age, the frequency of doing sports and physical education.

Keywords: Secondary School, Attitude, Physical Education, Sports.

The Realities of School Physical Education Programs: What Physical Education Teachers Can Do for a Better Future in the Profession

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Physical education programs throughout the world are feeling the negative effects of what is proving to be the longest and most severe financial crisis. Schools are eliminating physical education programs and physical education teachers are having hard time to find full time jobs. The data was collected using a literature review in the field of physical education and sport sciences. Potentially negative issues in physical education programs resulting from the current recession include: (a) low workplace morale, (b) the elimination of teaching as well as coaching positions, (c) an increase in physical education class size, and (d) a decline in resources (i.e., equipment and supplies). Physical educational teachers must understand the current economic situation they find themselves in and react in an appropriate manner and timely fashion if they are to continue to develop professionally and maintain job security. It is recommended that physical education teachers: (a) remain visibly positive, (b) be versatile in what they can teach (and coach), (c) be able to teach and coach at different levels, (d) demonstrate large class teaching skills, (e) be innovative and flexible in all areas pertaining to their job, and (f) be viewed as competent, professional and innovative teachers by school authorities, parents, students and members of the community. Physical education teachers must maintain a positive attitude and remain enthusiastic even under the most financially distressed conditions. They must be effective promoters and advocates of themselves and their programs to school administrators. (Schneider, Konukman & Stier, 2010). Administrators will notice and appreciate physical education teachers who are pleasant when working conditions decline. Holding a wide range of physical education and related areas skill sets will also benefit physical education teachers during these times of financial strife. At various levels, physical education teachers should be able to effectively teach across different content areas and coach different sports, at different levels. In addition, as physical education classes increase in size, it is important that physical education teachers be viewed as effective teachers of large classes. It is imperative that during this current recessionary period, physical education teachers make themselves as indispensable as possible to their school districts, schools, departments, and communities. In addition, and most important, school authorities must recognize the invaluable current and future contributions that the individual physical education teacher is making and will continue to make. In the short term, adhering to the recommendations in this article will assist physical education teachers as they attempt to retain their current position. In the long-term, after the recession finally hits bottom and, hopefully, begins its recovery stage, physical education teachers will be better equipped to continue in their jobs and to further excel in their profession of teaching and, when appropriate, coaching.

Keywords: Physical Education, Teacher Education

The Association Between 2D:4D Finger Ratio and Aggression Levels of University Students in Different Departments

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This study examines the association between 2D:4D finger ratio and aggression levels of students studying in different departments. “Aggression Inventory” was administered on a total of 354 university students- 119 men and 235 women- studying in different departments and their finger length measurements were taken. Kruskal Wallis was used for statistical operations and Mann Whitney U test and Spearman correlation tests were used to find out the differences between groups. Destructive, passive and total aggression values were significant in terms of gender ($p < 0,05$). Mean rank values of male participants were higher when compared with female participants. The differences between Left 2D:4D and Right 2D:4D values of men and women were not found to be significant ($p > 0,05$). No statistically significant difference was found between destructive aggression, passive aggression and total aggression values in terms of the students’ departments ($p > 0,05$). Statistically significant association was found in Left 2D:4D value in terms of the students’ departments ($p < 0,05$). When the Left 2D:4D values were examined, the students in the department of mathematics were found to have higher values than the students of other departments. No statistically significant difference was found between aggression inventory, the subscales and finger length rates ($p > 0,05$). Although it was found that there were no associations between the aggression levels and finger length rates of university students studying in different departments, it is recommended to conduct the study with different groups and a great number of participants as the sample group.

Keywords: 2D:4D Finger Ratio, Aggression

Examination of Physical Education Teachers in Terms of Proficiency

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The aim of this research was to examine the proficiency of teachers who graduated from physical education and sports teaching and those who received their pedagogical formation after graduating from sports management, coaching and recreation departments and working as physical education and sport teachers. 172 teachers graduated from department of physical education and sports teaching and 121 teachers who received their pedagogical formation after graduation participated in the study. Physical education teachers proficiency Scale consisting of 78 questions and personal information form developed by Ünlü et al. (2008) was used for the examination of the proficiency of physical education teachers. Mean, standard deviation, frequency, one way variance, chi-square analysis were used in SPSS 22.0 program for analysis of data. The result showed a significant difference between the two groups in terms of general scale average scores and sub-factors except "Learning and Development Monitoring and Evaluation" subscale, in favor of physical education and sport teaching graduates. Participants with in-service training and graduate education had higher proficiency scores than others. It has been determined that teachers who graduated from physical education and sports teaching were more willing to guide athletes to professional clubs, establishing school teams, engaging in active team sports and participating regularly in sports. Teachers (169;98,25%) who graduated from physical education and sports teaching have preferred his occupation higher than teachers (92;75,4%) who received pedagogical formation later. Graduates of physical education and sport teaching see themselves at a higher sufficient level in terms of teacher proficiency. As a result, significant differences were found in favor of graduates from physical education and sports teaching in terms of competence when compared with the other group. It may be considered appropriate to provide more comprehensive practical and theoretical training to increase the proficiency of teachers working with pedagogical formation certification.

Keywords: Physical education teacher, proficiency, pedagogical formation.

PHYSIOLOGY AND TRAINING THEORY

The Injuries on Olympic Style Wrestling

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To provide informational documentation at the scientific area, This study has done with analysing scientific reseaches about injuries on olympic style wrestling. Sources, providing information about research, are reachable via Google Academic, EBSCO and Pubmed databases. Agel et al. (2007) consider wrestling injuries as two types classified as ones at training or ones occur during match. According to the study wrestling injuries during match as knee % 22.9 , shoulder %12 , head %4.8, skin %2.7, neck %3.8, elbow %1.8, upper leg % 1.5, rib % 4.1, waist %4.1, hip % 1.1 , thumb %1.1, nose %1; Given values at training as skin %17.2, knee %14.8, ankle %7.3, shoulder %8.1, face % 2.6, head %2.5, waist %2.5, neck %3, patella %1.3, upper leg %1.1, thumb %1.1, rib %1. The study with elite wrestlers, handled by Barroso et al. (2011), shows ratios of wrestling injuries as knee %25.5, shoulder % 20, hip %15.2 and ankle %14.5. High school wrestlers take role in research about shoulder injuries by Bonza et al. Study shows the sport type taking first place at list of shoulder injuries order witch ratios as football %5.09, wrestling %4.34, baseball %1.9. 'Prevention of Common Wrestling Injuries' by Grindstaff and Potach (2006) emphasizes twisted ankle, rotator cuff injuries, lateral collateral ligament, head injuries ,and bruise as most common wrestling injuries. Halloran(2008) says that common injuries of wrestlers are shoulder, neck, elbow and mouth injuries on the study named with 'Wrestling Injuries.' Wrestling takes the first place in the list of having most face injury sport types against boxing and martial arts; This is mentioned in the study of Hojjat and colleagues (2016) Kordi et al. (2011) emphasize the result of the study on Olympic Iranian Wrestlers that wrestlers die due to cardiovascular reasons.Areas of body, facing mostly injuries, are listed as waist, finger, and ankle for men; waist, knee, and ankle for women.(Lin, 2011). The study, including ratios of injury on disciplines of American boxing, wrestling and martial arts by Pappas (2007), is concluded with that boxing and wrestling has the same ratio in injury, and martial arts has lower.However, severity of injuries are highlighted as harms because of them may make whom need medical attention. Previous studies show that wrestlers has experienced injuries at areas; knee, shoulder, ankle, neck, and surface of head. Furthermore, instances about cardiovascular illnessess are seen.

Keywords: Wrestling injuries, wrestling, injuries.

The Comparison Of Anthropometric And Basic Motoric Skills Of The Students Attending in Private and Public Schools

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This research aims at examining the basic anthropometric and motoric features of students studying in private and public state schools. A total of 575 volunteering elementary 4th grade students (95 female and 98 male in Muğla state schools; 109 female and 92 male in İstanbul state schools; and 81 female and 100 male in İstanbul private schools) took part in the study. A brief survey regarding the demographical data of the children was performed. As the physical fitness criteria, height, weight, body-mass index, agility-rapidity, speed, balance, flexibility and strength measurements were carried out. An analysis of the female students that were included in the study revealed that the ones that study in İstanbul state and private schools are statistically significantly taller than those who study in Muğla state schools while the male students that are studying in İstanbul private and state schools are statistically significantly taller than those who are studying in the state schools of Muğla. Considering the agility-rapidity, speed, balance and flexibility rates, the students of Muğla state school students, who have access to better physical activity, are in a better condition than İstanbul state and private school students. It has been observed that the rates of the private school students from İstanbul who are in the same age group but have higher body weight and height surpasses the rates of Muğla state school students. To conclude, the evaluations on the students studying in state and private schools have brought out that the students in the state schools of Muğla have higher agility-rapidity, speed, flexibility, balance and sit-up rates while those from İstanbul's private and state schools produced higher anthropometric measurement results and hand grip strength rates.

Keywords: Anthropometrics, Physical Fitness, Motoric Features, School, Student.

Does acute weight loss and gain affect hydration status in adolescent wrestlers?

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The rapid weight loss and gain is a common practice in wrestlers within a week before competition. In this study, we investigated the effects of rapid weight loss and gain before official weigh-in, along with during the competition in adolescent wrestlers. Totally twenty-four collegiate wrestlers, twelve of them as the competitors, other as non-competitor wrestlers, volunteered as subjects in the present study. Body composition was assessed by using a Bioelectrical Impedance device, Hydration status was determined via to urine specific gravity (USG) that taken urine samples. The body mass and hydration status were evaluated: seven days before official weigh in (a); three days before the official weigh-in (b); morning of the official weigh in (c); the official weigh in time (d); before the beginning of the first bout (e); the following day morning (f). There was significant difference in body weight changes between the first weight assessment (a) and weigh in competition (d) in competitor wrestlers ($p<0.05$). In hydration status, there was significant difference between the first Usg analysis (a) and other assessments (b, c, d., e, f) ($p<0.05$). However, there was no significant difference in hydration status between the weigh in competition Usg (d) and others (e, f) ($p>0.05$). The study results indicate that the duration between the official weigh in and the competition is not enough for wrestlers to rehydrate.

Keywords: body composition, competition, dehydration, urine specific gravity, wrestling

Investigation of Physical And Physiological Characteristics of Children in Swimming

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It was aimed to compare some physical and physiological variables of swimmer and sedanter boys, in this study. 16 swimmer male children (mean age: 10,75±1,34 years, height: 146,56±9,16 cm, weight: 42,76±14,05 kg) were included in the sportsman group (SG), and 17 healthy sedentary male children (mean age: 10,65±1,27 years, height: 140,41±8,32 cm and weight: 38,15±10,94 kg) were included in the control group (CG), to be totally 33 voluntary children participated in this study in Malatya. The weight, body mass index (BMI), basal metabolic rate (BMR), body fat mass (BFM) and body fat percentage (BF%) of the study group were determined by bioelectrical impedance analysis (Tanita). Bruce protocol for MaxVO₂ measurement, blood pressure (BP) before and after, hand grip (HG), seat and reach (RT) and Sargent vertical jump (JT) tests were applied. A 0.05 level of significance was used in the intergroup comparison of the obtained data. When SG and CG test values were compared, there was a significant difference in MaxVO₂ and JT, systolic and diastolic BP values after the Bruce Protocol (p<0,05). According to the findings, it was observed that BP, aerobic and anaerobic capacities of swimmer children is better than the control group of children. For this reason, it can be said that performed regular swimming sports have a positive effect on aerobic and anaerobic capacities with on systolic and diastolic blood pressures in around 10-year old boys.

Keywords: Swimming, Anaerobic Power, MaxVO₂, Strength, Flexibility, Body Composition

The Effect of Pilates Exercise on Some Motor Parameters in Sedentary Women

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It was aimed to search the impact of plates exercise on some motor parameters in sedentary women. A total of 40 sedentary women participated as a total of 20 plates exercise group with a mean age of 34±3.8 years, a height of 1.63±0.4 cm, a body weight of 65±4.9 kg and a total of 20 control group with a mean age of 32.4±2.0 years, a height of 1.62±0.5 cm, a body weight of 65.8±5.7 were included in the study. Participants joined a 12-week series of 1-hour Pilates sessions three times per week. The physical and some motor skills parameters of the women were measured before and after the exercise. Paired Samples-t test and Independent-Samples- t test were used for statistical analysis. Following the exercise program, there is a meaningful decrease in the body weight, BMI, fat mass, value of waist region and hip circumference and there is a meaningful increase in back strength, 30 s crunch and flexibility parameters in plates group ($p<0.01$). There were no significant results in body weight, BMI, value of waist region and hip circumference parameters only significant increase in fat mass value and decreased in back strength in control group ($p<0,05$ and $p<0,01$). In comparison of two groups, it was found that the group of pilates exercise showed significant improvement in body weight, BMI, fat mass, back strength 30 s crunch and flexibility values more than control group after the exercise program. As a result, it can be said that pilates exercise is effective in improving on physical parameters and motor parameters such as back-abdominal strength and flexibility parameters in sedentary women.

Keywords: Sedentary women, Pilates exercise, motor skills.

Examining the Relationship between Physical Activity Levels and Healthy Life Behavior Patterns of Physically Treated and Rehabilitated Patients

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In this study, it is aimed to investigate the relationship between physical activity levels and healthy lifestyle behaviors of patients receiving physical therapy and rehabilitation. This research is a descriptive study. The study was carried out on a total of 41 people, 29 women and 12 men, who received physical therapy at a private medical center in Kırıkkale. In the scope of the study, The Personal Information Form, (Short form) and the Healthy Lifestyle Behaviors Scale-II developed by Walker and Hill-Polerecky (1996) and adapted to Turkish by Bahar et al. (2008) and The IPAQ (International Physical Activity Assessment Questionnaire) short form were used to collect the data. The data were evaluated using the SPSS 18 package program. In the analysis of data tested with Shapiro-Wilk test, Kruskal-Wallis test and Mann-Whitney Test among nonparametric tests were utilized. As a result, according to the body mass index of participants, 18 people were found to be in ideal weight, 12 in overweight and 11 in obese. It is observed that the working patients have significantly higher scores in the physical activity subscale and MET values than those who do not work. It was concluded that the physical activity levels (MET) of male patients were significantly higher than female patients. There was no significant difference in the healthy lifestyle behaviors of the patients according to their physical activity levels.

Keywords: Physical Activity, healthy lifestyle behaviours, physical therapy and

Investigation of Physical Activity Levels and Obesity Awareness Levels of Middle School Students

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The aim of the study was to investigate the levels of physical activity and obesity awareness of children aged 10-14 years who were studying in secondary schools in Malatya city center according to some variables. This research is a descriptive study in the survey model. The sample of the research consists of 385 students who are studying in the 5-8th grade at secondary schools in Malatya. "Obesity Awareness Scale" and "Physical Activity Scale for Children" were used as data collection tools in the study. Statistical methods used were Mann Whitney U test, Kruskal Wallis H test ANOVA test and Tukey test. The level of significance was accepted as $\alpha = 0.05$. The magnitude of effect of statistical methods is moderate. Students were found to have obesity awareness scores ($x = 2.85$), nutrition awareness scores ($x=3.08$), physical activity awareness scores ($x=3.17$) and physical activity level scores ($x=3.03$) in the study. There was no statistically significant difference ($p>0,05$) between subscales of obesity awareness scale and physical activity scale scores according to gender, age, BMI, parents' professions, family income, technological tools and equipment usage of the students. However, there was a statistically significant difference ($p < 0.05$) between sub-dimensions of obesity awareness scale and physical activity scale scores according to the classes of students, parental education levels and regular nutritional status. The study found that students' physical activity status, physical activity awareness, and nutritional awareness were above the middle level while that of obesity awareness was below the middle level. It was also concluded that there is a moderately significant relationship among obesity awareness and nutrition and physical activity awareness.

Keywords: Obesity, Student, Awareness, Secondary School, Physical Activity Levels

* This article was derived from Meltem GUNAY KARA's master thesis prepared at the Health Sciences Institute at Inonu University in 2017.

Examining the Injuries of Middle School Students in Physical Education Classes

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This study was conducted for the purpose of determining the sports injuries of middle school students in Physical Education classes.

The Descriptive Method was used in the study. The Study Group consisted of 231 students, who had sports injuries during physical education classes and who were selected from among 1157 students studying at middle schools in the city center of Malatya in 2016-2017 Academic Year. The Questionnaire, which was created by the authors of the study, was used in the study as the data collection tool. It consisted of 22 questions in total 17 of which were on the subject matter of the study, and 5 of which consisted of personal information. The Chi-Square Test, which is one of the statistical methods, was used in the study, and the significance level was selected as $\alpha=0,05$. It was determined in the study data that 21,6 of the students had injuries in their wrists; 22,5% of the students had injuries in their ankles; and 11,7 of the students had injuries in their fingers. 22,1% of the students had twisted their ankles, and 20,8% of the students had twisted their wrists in these injuries. These injuries usually occurred when the students were in the 2nd Hour of their Physical Education classes (22,1%); in 15th and 30th minutes (26,40%); when the weather was sunny (72,7%); when the class was held in concrete ground (49,8%); when the football was being taught during the classes (52,8%), and due to the carelessness of the students (36,40%). The first intervention was made by the physical education teachers (34,6%) as having the students rest (32,9%). It was observed in the study that there is a statistically significant difference between the injury areas of the students in their bodies, the class topics when they had the injury, class durations and weather conditions according to the gender of the students ($p<0,05$). There is also a significant difference between the characteristics of the fields where students were having the classes and the grades of the students ($p<0,05$). However, no statistically significant differences were found in the injury status of the students according to their BMI ($p>0,05$).

As a conclusion, it was observed that middle school students mostly twisted their ankles in physical education classes. These injuries usually happened in football classes when the weather was sunny in April, and in the 15th and 30th minutes of the classes due to the carelessness of the students. The first intervention was made by the Physical Education teachers, and generally the students are made to rest.

Keywords: Middle School, Physical Education Classes, Sports Injuries

Determination of Some Motor Performance Parameters and Perceiving Capacity Levels of Students Entering Sports High School Examination

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The purpose of this study is to investigate the relationship between the motor performance parameters and the perceived capacities of the students who entering the entrance examination for the sporting skills. Gülizar Hasan Sports High School Students entering the entrance examination for the year 2016-2017 were evaluated that they receive results from some exam parameters. A total of 138 male and 56 female students formed evaluation sample. Differences were examined by independent t test as statistical process. Significant differences were found in men's favor between long jump, coordination and 20 meter speed performances according to sex ($p < 0.001$). There was no significant difference between who were actively engaged in sports and those who did not ($p > 0,05$) in length, body weight, long jump, 20 meters speed, rhythm score 1 and secondary school achievement scores. However, there was a statistically significant difference between the total scores of coordination and mixed rhythm ($p < 0.001$ and $p < 0.05$). It can be said that the ability to perceive coordination ability and mixed rhythms is better in sportsmen. The relationship between sporting status and coordination grade, rhythm 2 and total rhythm scores has been determined.

Keywords: Sports High School, Examination Parameters and Rhythm Perception Ability.

The Effect of recreational carpet field events on ACL injuries in Çorum

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During the soccer games played on recreational carpet fields, data were searched to examine, reduce and prevent the injuries and characteristics of the sport. Between 2015-2017, Çorum Hitit University Erol Olcok Training and Research Hospital was investigated retrospectively for all adult cases who applied to emergency department, orthopedics and physical therapy and rehabilitation outpatient clinics due to lower extremity soft tissue trauma. The age, sex, type of injury and clinical outcome of the cases were investigated. Patients treated with recreational carpet field ACL and PCL diagnosis from male patients were included in the study. 2690 (1679 male-1011 female) cases with a mean age of 31.27 ± 7.82 years (20-45) were detected. When the final diagnosis of all cases is examined, soft tissue injuries; meniscus in the first place (n = 946, 35,17%), ankle anterior talofibular ligament injuries were the second most common (n = 878, 32.64%), ACL and PCL injuries (n = 695, 25.83%) were in third place, hemarthroses (n = 103, 3,83%) were in fourth and fifth in Achilles tendon injuries (n = 68, 2.53%). Among the cases, ACL and PCL injuries of male patients were examined and the mean age was $33,27 \pm 7,58$ (20-45), injury mechanisms; sport injuries (n = 258 66.86%), falls (n = 7 1.81%) and traffic accidents (n = 5% 1.29). The treatment of these cases is; operated (n= 48 % 12,43), who rejected operation (n= 52 % 13.47), having surgery at other centers (n= 37 % 9,59) physical therapy program applied (n= 152 % 39.38), home exercise program and drug therapy (n = 97% 25,13). Among the sports injuries, there were injuries (n = 197, 76,36) and injuries (n = 61, 23,64%) during daily sports activities such as fitness, cycling. Carpet field injuries were mostly between 19:00 and 24:00 (n = 126, 63.96) in autumn and winter and weekday days were the most frequent application times. Carpet soccer matches often cause serious orthopedic injuries because they are made without warming and stretching exercises and without ground standards and shoe suitability. There is a need for studies on the working conditions of the carpet bays and the physical characteristics of the bays especially regarding the prevention of these injuries which cause loss of work power and economic loss.

Key words: carpet field; football; injuries; recreational.

Somatotype and Sport Anthropology

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The making of tools according to their own characteristics and the products they exhibit and their survival struggle are based on prehistoric turn. In the world and in our country, scientists have worked to learn the body structure of people who lived in the period and how to make them suitable tools. Vitruvius, the architect, carried out the first work on human body measurements and proportions; It was built in the 1st century. These studies were then continued from the Ancient Egyptians until daylight and the concept of somatotype emerged in the middle of the 20th century. Sheldon, the first scientist to develop somatotype, is contemplating that somatotype is hereditary and invariant, and is now thought to be a phenotypic feature of somatotype and may be altered by factors such as growth, nutrition, exercise and aging. Somatotype is an important technique used to assess body shape and composition. Somatotype reveals a quantitative summary of the physical structure as a unified whole. The methodology of the somatotype determinant is to classify the physical structure of the human being or to group them in relation to the three basic elements of embryogenesis (based on endoderm, mesoderm and ectoderm tissues). The grading of the body type uses a three-step rating and is defined as mesomorphy, endomorphy and ectomorphy. Somatotype can be determined by three different ways. These are: Anthropometric + Photoscopic method, Photoscopic method, with rating from standard photographs and finally Anthropometric method. The use of sport somatotype varies according to the field of application and research sample. In the identification and comparison of the physical structures of the athletes in different categories and branches; exercise, aging, and somatotypic technique in the comparison of the body composition of men and women in the study of changes that occur in the physical structure during the growth are frequently used.

Keywords: Somatotype, Sport Anthropology, Somatotypic, Mesomorphy, Endomorphy, Ectomorphy.

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The knowledge that studies human movements is called Kinanthropometry. The person who performs the study of the Kinanthronometry is also called the Kinanthrometrist. Kinanthrometrist deals with the search for the characteristic difference in physics by evaluating and evaluating the human being from the very beginning. This occupation is not limited to individual characteristics and qualities, but also includes differentiation of time and space within society and between societies. Secondly, "Kinanthropometry" implies human biology and physical anthropology together. The English mathematician Pearson has developed biometrics so that scientific quantification of biological differences and quantitative comparison can be done. He used the correlation technique when searching for variations and covariates, which are the main topics of the Kinanthropometry. The use of the term Kinanthropometry is not so old, although the research done in this area is based on the past. The term Kinanthropometry was first used by Ross (1972) in the Belgian Journal Kinanthropology. The subject was first taken up in the Olympic scientific congress in 1976, and nearly two years later in the Congress of Kinantropometry in Leuven, it was emphasized by scientists why and in the field of science. One of the first known practices in the field of sports is Pauwels (1978) studying the relationship between the speed of handball and the somatic and motor components of boys aged 12 to 19 years. Another study has been the study of Maughan's use of medical techniques in muscle-building and strength-related fields in 1986, with positive and encouraging results. In his work, Maughan has determined that the results may be better because of the joint use of Magnetic Resonance (MR) techniques with revised anthropometric techniques. After these and similar studies, the prognosis for Kinanthropometry has increased even more.

Keywords: Kinanthropometry, Sport, Anthropometry, Anthropometric Techniques.

Anthropometric Values And Somatotypic Features Of 5-14 Age Groups Children

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Anthropometry and somatotype studies are especially important to young ages children with regard to skills of motor development, increased of intelligence grade, acquisition of tendency and habit to sport, physiologic development and progress of social communication skills. Purpose of this study is examined anthropometric and somatotype characteristics in children between 5-14 ages group. In accordance with these purposes were choosed children who are summer trainees as the sample group at Ankara University Swimming Pool in 27 June- 24 August 2017 dates. Continuing on 3 week periods of course, weight, triceps, subscapular, suprailiac and calf skin fold thickness, elbow and knee width, flexed arm and calf circumference measurements were taken from totally 260 individuals who were 108 females and 152 males. Anthropometric measurements were taken in accordance with the techniques prescribed by the International Biological Program (IBP) and the Anthropometric Standardization Reference Manual (ASRM). In result of analyzes, it was observed significant difference in knee width measurement between genders ($p < 0.05$) while it wasn't observed a significant difference in the other anthropometric measurements. For the somatotype values were determined as 4.4-3.9-2 (mezomorphic endomorph) for females and 4.1-4.3-2 (endomorph mezo-morph) for males.

Keywords: Somatotype, Anthropometry, Children

Effects of Grab and Track Techniques (Performed on Starting Block without Foot Chock) on 25 m Crawl Performance

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Swimming is a sport in which the performance difference between the gold and the silver may be as small as a 1/100 sec. It means that any of the compounds of the performance, start, crawl speed, turn, and finish, has a very big impact on performance. Because of that swimming performance should not be assessed without taking any of these compounds into consideration. The purpose of this study is to assess the effect of different start techniques, grab and track, on 25 m crawl performance. 14 subjects, aged 12 to 16, with an average sports age of $4,5 \pm 0,94$ years, took part in this study. All the subjects were national level active swimmers. Before the measurements, grab and track start techniques were taught to the subjects by the experienced trainers and the level of performances were evaluated and approved by another swimming experts. Each subject were exposed to three measurement sessions that were conducted in every two days. Measurement sessions covered two 25 m crawl trials each started with a different technique. Means and standard deviations of the performances were reported as $\text{mean} \pm \text{SD}$. Flight distances of the subjects were also recorded. Statistical analysis was done by using SPSS 22.0 statistical analysis software. Descriptives and Wilcoxon signed rank test were used. There were no statistically significant differences between either 25 m crawl performances or the flight distances of the subjects ($p > .05$). As a result of this study, it was found that there was no statistically significant effect of start technique preference on 25 m crawl performance.

Keywords: Swimming, Race, Analysis.

The Effects of Hand Preference, Grip Strength and Anthropometric Measures in Arm Wrestlers

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Arm wrestling is one of the physical activity types which is popular in our country like all over the world. The most important part of the upper extremity functional human body which is the hand in virtually, is effective in all sporting activities but even stands out the most important element of the arm wrestling. Hand use and performance, is one of the indispensable elements of athletic performance and arm wrestling. The muscle strength, technique, speed, and psychological readiness are important factors in this sport, where opposing reactions against sudden and violent external forces, or opposing forces, determine the outcome of competition. For this purpose, we aimed to evaluate lateralization, grip strength and some anthropometric properties of the athletes dealing with wrist wrestling sports. Totally 62 male arm wrestlers participated in the study voluntarily. The average of arm wrestling age was 5.69 years. When the successful athletes to unsuccessful athletes; hand length, hand span, finger length, forearm length, hand circumference, wrist circumference, hand grip strength were found to show differences. It is thought that athlete's anthropometric characteristics will be considered in selection of talent, they will be effective in directing to wrestling sport and attaining success.

Keywords: Arm wrestling, Hand Preference, Grip Strength

Comparison of Some Motoric Characteristics of Young Soccer Players According to Their Positions

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Football is a game that requires basic motor skills such as endurance, strength, agility and speed to be at a high level, and the need for these features may also vary according to the players' positions. The aim of this study is to compare some motoric characteristics according to the football players' positions. Trabzonspor-16 soccer team (n=20) and 1461 Trabzonspor-16 soccer team (n=20) who participated in the coca-cola development leagues and whose average age was 15.6 ± 0.7 years participated in the study. After taking the participants age, height, weight measurements, shuttle run, 30m. speed, flexibility, leg and back strength tests have been applied to determine. Man-Whitney U test was compared with those of the two teams, and Kruskal-Wallis test was used to compare all football players according to their positions. Analysis of the data obtained in the study was made using the SPSS 20.0 package program and the level of significance was taken as $p < 0.05$. When teams compared according to players positions; there was no significant difference was found between all tests ($p > 0,05$). When compared to all players' according to their positions, There was a statistically significant difference was found between midfield and striker players 30 m sprint test ($p < 0.05$); and there was a statistically significant difference was found between the goalkeeper and midfield players shuttle run, flexibility and leg and back strength tests ($p < 0.05$). As a result of the study, it was determined that there are significant differences in some motor characteristics according to the soccer players.

Keywords: Soccer, Motoric Characteristics

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